

The Quincy Sun

Historic Quincy's Hometown Weekly Newspaper Since 1968

VOL. 52 No. 31

Thursday, April 16, 2020

\$1.00



QUINCY POLICE were among dozens of South Shore towns that paraded emergency vehicles around South Shore Hospital in Weymouth on April 6 as a tribute to healthcare workers who are toiling with the COVID-19 pandemic. Quincy Police Capt. Richard McCusker, left, and Sgt. Karyn Barkas (right) hold a thank-you sign, expressing appreciation to all healthcare workers. The officers and health care workers shown here are wearing face masks. A new Department of Public Health advisory, consistent with CDC guidance, recommends that all residents wear a mask or face covering in public when social distancing is not possible. Story on Page 5.

Quincy Sun photo/Tom Gorman

\$3M OK'd For BM School Work

By SCOTT JACKSON

The City Council on Monday approved a \$3 million bond to replace mechanical systems at the Broad Meadows Middle School that were damaged by a severe winter storm two years ago and help protect that equipment from future flooding.

The council approved Mayor Thomas Koch's request for the \$3 million bond in a 7-1 vote. Councillor Anne Mahoney opposed the request and Ward 2 Councillor Brad Croall voted present; both said they wanted more information about the coronavirus pandemic's potential impact on municipal finances before voting on new spending.

The Broad Meadows Middle School was hard hit by the March 2018 nor'easter that inundated low-lying coastal areas throughout Quincy. The school's mechanical systems, including heating and electrical, were flooded during the storm.

"You could compare it to an automobile being submerged in saltwater and trying to get it to work," Ward 1 Councillor David McCarthy said. "It's been tough."

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No April School Vacation For Quincy Students

By SCOTT JACKSON

Quincy students will continue remote learning next week after the School Committee voted unanimously on Monday to cancel April vacation.

Remote learning will take place Tuesday through Friday of next week, April 21 to 24. There will be no remote learning on Monday, April 20, which is Patriots Day in Massachusetts.

The decision to cancel classes means the last day of classes for Quincy students this year is now June 17. Had April vacation been observed as usual, the last day would have been June 23.

Gov. Charlie Baker on March 15 ordered all Massachusetts schools to close through April 6 amid the novel coronavirus pandemic. Later in March, Baker extended the school closures through May 4 and state education officials required districts to begin remote learning on April 6.

Massachusetts education commissioner Jeff Riley said this month that school districts would not have to make up days lost because of the pandemic past their previously scheduled 185th day. Riley said it would be up to local officials to decide

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DeCristofaro Chosen Next Quincy College President

By SCOTT JACKSON

Quincy College's board of governors has chosen the longtime leader of the Quincy Public Schools to serve as the college's next president.

The board on April 9 unanimously voted to begin contract talks with Richard DeCristofaro to make him the new president of the city-owned college. DeCristofaro, age 68, has served as the superintendent of the Quincy Public Schools since 2001 and has worked in the school system since 1974.

In an April 10 letter to the Quincy Public Schools community, DeCristofaro said he would be leaving the school system for the college in June.

"Quincy Public Schools has been an extraordinary part of my life, first as a student for kindergarten through grade 12 and continuing after college, when I became a teacher," he wrote.

"It has been an honor to have had a career filled with invaluable life-long relationships with excellent professional and administrative staff, caring parents, as well as supportive mayors and School Committee members. I am so very fortunate to have been part of the Quincy Public Schools in this incredible city."

"We still have much work to do in the next weeks and months and, as always, we will work together and educate and care for our students in the very best way we can."

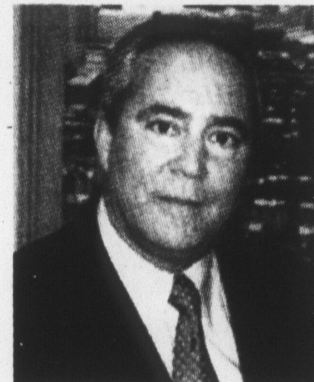
The board of governors' presidential search committee met for nearly an hour April 9, followed by a meeting of the full board.

The college had advertised for the president's position throughout the month of March, according to Robert Antonucci, a former president of Fitchburg State University who served as a consultant to Quincy College during the hiring process.

Antonucci said 22 people applied for the job with applicants from as far away as Texas, Utah and California. Among those who applied were the president of a for-profit college in Boston, a

senior administrator from North Shore Community College and the president of a state university in New York, though Antonucci said that person has changed jobs every couple years. A Quincy College professor and administrator both applied to be the school's president as well.

Three others, including DeCristofaro, were nominated for the position; the two other individuals who were nominated were not interested in the position. Antonucci said it is not unusual



RICHARD DeCRISTOFARO

for a candidate to be nominated for the job of college president and DeCristofaro

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More Quincy news:
 TheQuincySun.com

Weight Loss: What We Really Need To Know

Practical Fitness With Wayne L. Westcott

(Editor's Note: This week we debut a new health and fitness column written by Wayne Westcott, renowned fitness author and chairperson of Exercise Science at Quincy College. We are grateful for Wayne's contributions as a Quincy Sun columnist and hope our readers find his knowledge and expertise enjoyable and informative.)

By WAYNE WESTCOTT

According to the Centers for Disease Control and Prevention, more than 70 percent of American adults are classified as overweight or obese. According to the American Medical Association, more than 70 percent of American adults are eating reduced calorie diets in order to attain a more desirable body weight. Dieting is indeed a productive means for reducing body weight, and numerous studies have shown very little difference in the effectiveness of most popular diet plans. The short-term outcome of lower calorie diets is lower body weight. Unfortunately, research demonstrates that almost all successful dieters regain the weight they lost within a relatively short period of time. Why is this?

The average adult loses between 5 and 10 pounds of muscle each decade of life, depending on age, gender, and activity level. This muscle loss results in a resting metabolic rate reduction of 2 to 4 percent

per decade, as less muscle requires less energy for ongoing tissue maintenance and remodeling processes. For most adults, resting metabolism is responsible for approximately 60 to 70 percent of their daily energy expenditure. Consequently, muscle loss is accompanied by metabolic slow-down, resulting in fewer calories used throughout the day, and typically followed by progressive accumulation of body fat.

Most adults address fat gain by dieting, not understanding that dieting alone results in both fat loss and muscle loss. Research shows that 15 to 25 percent of the weight lost during most diet programs is muscle, which further reduces resting metabolic rate. In other words, dieting exacerbates two of the major factors responsible for fat gain in the first place, namely, muscle loss and metabolic rate reduction.

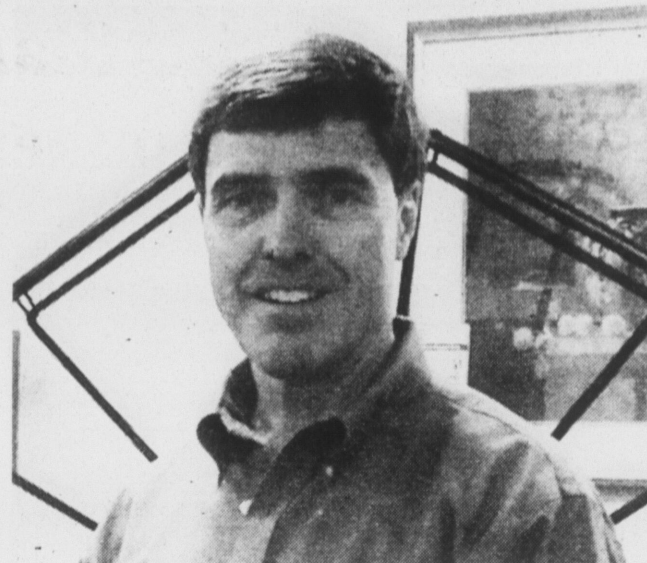
It would seem logical that combining a diet program with aerobic activity, such as walking, jogging, or cycling, would increase fat loss and reduce muscle loss, but this is not the case. Consuming fewer calories by dieting and using more calories by performing aerobic activity burns the candle at both ends, and increases both fat loss (desirable) and muscle loss (undesirable). A recent research study revealed that dieting plus aer-

obic activity increased fat loss by 26 percent (good), but increased muscle loss by 38 percent (not good). We know that aerobic activity is important for improved health and fitness, so how can we reduce the muscle loss that occurs when we combine this beneficial form of exercise with a diet program? The answer is to also perform resistance exercise (strength training). Another excellent research study showed that adding resistance exercise to a program of diet and aerobic activity increased fat loss by 11 percent (good) and reduced muscle loss by 37 percent (good). While weight loss programs that include sensible calorie reduction, aerobic activity, and resistance exercise result in the highest fat loss and lowest muscle loss, any muscle loss is undesirable. Muscle loss negatively impacts health, fitness, function, metabolism, and appearance.

In an attempt to concurrently decrease fat and increase muscle, we recently conducted a 6-month weight loss study. To avoid excessive calorie reduction, our research participants followed a moderate diet plan in which the men consumed 1,500 - 1,800 daily calories and the women consumed 1,200 - 1,500 daily calories. To avoid detrimental protein reduction, our study participants consumed 2 daily protein shakes (each providing

about 25 grams of protein). To avoid excessive energy utilization, our research participants performed 2 or 3 moderate exercise sessions days per week. During each session, they did 20 minutes of resistance exercise and 20 minutes of aerobic activity. This simple, sensible, and practical weight loss program produced an average fat loss of 14 pounds and an average muscle gain of 4 pounds, for an 18-pound improvement in the participants' body composition and personal appearance. These positive study outcomes also countered the progressive fat gain and muscle loss associated with inactive aging. Additionally, our program participants attained significant reductions in waist girth, hip girth, resting blood pressure, and blood sugar.

It would appear that a weight loss program consisting of moderate caloric restriction, enhanced protein intake, moderate resistance exercise, and moderate aerobic activity is highly effective for improving a variety of health and fitness factors. However, these impressive 6-month results are only as good as their sustainability after discontinuation of the diet plan. With rare exceptions, almost all weight loss programs are followed by a return to pre-diet body weight soon after resuming normal caloric consumption. We, therefore, conducted a follow-up weight maintenance study



WAYNE WESTCOTT

during which our weight loss participants did not restrict their calorie intake, but performed their standard exercise program and consumed 1 daily protein shake. After 9 months, they did not add body weight, and they had even less fat and even more muscle. This is one of very few weight maintenance studies in which the participants avoided weight regain, and the only weight maintenance study in which the participants continued to lose fat and add muscle.

Summary

A major reason for the epidemic of overweight and obesity is age-associated muscle loss and metabolic rate reduction, which leads to fat accumulation. Both diet-only programs and diet-plus-aerobic activity programs result in further muscle loss and metabolic rate reduction, thereby exacerbating these underlying problems and making it very difficult to avoid weight re-

gain. However, performing resistance exercise and increasing protein intake while dieting enables effective body weight reduction with concurrent fat loss and muscle gain, which facilitates long-term weight management.

Wayne L. Westcott, Ph.D., is chairperson of Exercise Science at Quincy College. He has conducted dozens of fitness research studies, published 100 academic papers, authored 30 books, and presented hundreds of fitness lectures throughout North America and Europe, including numerous sessions at Harvard Medical School conferences. Wayne has served as a strength training consultant for the United States Army, Navy, Air Force, Marines, and Coast Guard, as well as for several NFL football teams, and for major corporations, such as General Motors and Nautilus.

Baker Files Legislation To Provide HC Workers Liability Protections During COVID-19 Response

Gov. Charlie Baker filed legislation April 8th to provide health care workers and facilities protections from civil liability while they are on the front lines of the Commonwealth's COVID-19 response.

The legislation would protect health care professionals, including doctors, nurses, and emergency medical technicians, as well as certain health care facilities from liability and suit when the care that they provide is impacted by the COVID-19 emergency. The bill would also provide protections for the health workers staffing the unique Field Medical Stations being stood up at the DCU Center, Boston Convention & Exhibition Center and other locations.

"Ensuring that our health care workers have the resources and protections they need has been a top priority for our administration since the beginning of the COV-

ID-19 pandemic," said Governor Charlie Baker. "This legislation offers important protections for health care workers and facilities facing the unprecedented challenges that come with the outbreak of this virus, and we look forward to working with our legislative partners to enact this bill and take another step in our efforts to support the Commonwealth's medical system."

"Massachusetts is blessed to be home to some of the world's best health care workers and institutions, and it's important that the fear of liability does not prevent them from delivering the kind of medical response we need during this pandemic," said Lt. Governor Karyn Polito. "We look forward to working with our colleagues in the Legislature to enact this bill and further support our health care system during this

emergency."

Gov. Baker also issued a directive that will maximize protections for health care workers under the federal Public Readiness and Emergency Preparedness Act ("PREP Act") during the state of emergency. The directive will ensure that health care workers and facilities that distribute and administer testing, drugs and medical devices for the diagnosis and treatment of COVID-19 are protected from suit and liability to the maximum extent possible under the PREP Act.

The Baker-Polito Administration will continue to update the public on developments related to COVID-19. Residents can visit www.mass.gov/covid19 for the latest information, call 2-1-1 with questions, and text "COVIDMA" to 888-777 to subscribe to text-alert updates.

State Legislators Demand Online Marketplaces End Coronavirus Price Gouging

Twenty-five state legislators joined their peers across the nation calling on the country's top online marketplaces to crack down on price gouging amidst the novel coronavirus (COVID-19) outbreak. Together, 346 legislators representing 45 states, joined MASSPIRG Education Fund in sending a letter Tuesday urging Amazon, Craigslist, eBay, Facebook and Walmart to quickly implement preventative measures on their platforms to ensure that consumers don't get taken advantage of during this public health crisis.

A few weeks ago, 33 attorneys general, including Massachusetts Attorney General Maura Healey, sent a similar letter to the same companies.

"We believe you have an ethical obligation and patriotic duty to help your fellow citizens in this time of need by doing everything in your

power to stop price gouging in real-time," the letter reads, in part.

Since the beginning of the outbreak, the cost of critical health supplies has spiked dramatically on online platforms. An analysis last month from the U.S. PIRG Education Fund found that existing monitoring on Amazon's platform was not preventing significant price hikes. In particular, the cost of most hand sanitizers and masks rose at least 50 percent higher than the 90-day average. Since then, more than 335,000 Americans have signed PIRG's petition calling on Amazon to protect consumers from price gouging.

Despite some steps taken by companies, exorbitant price increases are still occurring. In just the last week, U.S. PIRG Education Fund highlighted numerous examples of price gouging, including:

- A digital thermometer for \$27 but has an average price of \$17.99 over the last 180 days

- Three boxes of 20 N95 masks for \$239 or \$3.98/masks compared to a normal price of \$1 per mask.

- Toilet paper for \$98 for a box of rolls, nearly three times its normal price.

"Americans are already worried about their health and the health of their loved ones during this pandemic. They shouldn't also have to worry about being ripped off on the critical supplies they need to get through it," said Deirdre Cummings, Consumer Program Director for MASSPIRG Education Fund. "We're grateful for the leadership of our state lawmakers who are standing up for consumers during this crisis."

"At a time when unemployment is high and people are struggling to pay their

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New Restrictions For Grocery Stores, Crisis Standards Of Care Recommendations

The Baker-Polito Administration announces an expansion of COVID-19 testing sites for public safety personnel, new Crisis Standards of Care documentation for the Commonwealth's health care facilities, and new guidance to further promote social distancing at grocery stores.

Testing Sites Expansion: The Baker-Polito Administration today announced that COVID-19 testing for Massachusetts public safety personnel will be available at a second location beginning tomorrow, doubling the number of free, drive-through tests available for first responders and other emergency management workers.

A mobile testing site at the Big E fairgrounds in West Springfield has begun operations and will supplement a site at Gillette Stadium in Foxborough that launched last week. Each site will serve police officers, firefighters, EMS and PSAP personnel, correction officers, mortuary service providers, and state active duty National Guard personnel who perform critical public safety functions.

The mobile testing sites in Foxborough and West Springfield will each perform up to 200 tests per day, seven days per week, with appointments scheduled in advance by agencies and departments through a call center at the Executive Office of Public Safety and Security. Testing is performed at no charge. The sites reflect a partnership among the Baker-Polito Administration, the Big E, Brewster Ambulance Service, the Department of Correction,

the Department of Fire Services, the New England Patriots, the New England Revolution, Wellpath, and Quest Diagnostics.

Crisis Standards of Care: The Administration has released Crisis Standards of Care guidelines for the Commonwealth's health care facilities. Upon the request of leaders in the health care system, the Department of Public Health (DPH) convened a Crisis Standards of Care Advisory Committee that included medical experts and ethicists from across the Commonwealth, representing both large academic medical centers and community hospitals. Their recommendations helped inform ethical, equitable and transparent guidelines for providing acute care during a crisis.

The guidelines, which are not mandatory, are designed to:

- Help health care institutions and providers make consistent decisions about the use and allocation of scarce medical resources;
- Ensure that critical resources are conserved and distributed efficiently, equitably and ethically across the health care system;
- Promote transparent decision-making and public trust in the fairness and equity of the system;
- Protect those who might otherwise face barriers to accessing care; and
- Assure patients and their families that they will receive fair access to care under the circumstances regardless of where they live in the Commonwealth.

Grocery Store Guidance: The Department of Public Health released further guidance to promote social distancing at grocery stores. The new guidance requires that each grocery store limit occupancy to 40% of its maximum permitted occupancy level (except stores with a maximum occupancy of less than 25 people). It also sets out procedures by which staff should monitor occupancy levels. The guidance builds on a March 23 order for grocery stores, which set out policies for ensuring access to handwashing facilities and protecting employees in higher-risk populations, among other requirements.

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Virus Postpones Cleaner, Greener; Other Events

Several annual spring-time events that typically occur in May in Quincy have been postponed due to the ongoing COVID-19 pandemic.

The Mayor's Office announces Cleaner Greener

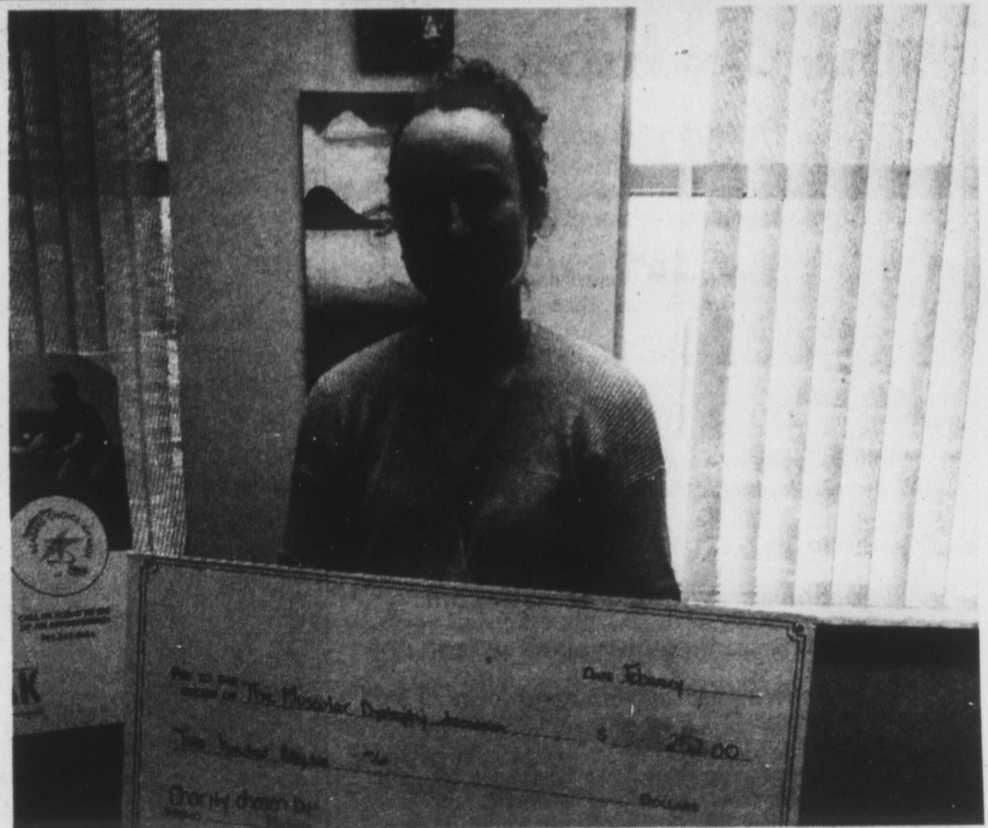
Quincy and Quincy Senior Olympics, which were both scheduled for early May, are postponed until further notice due to the health crisis.

The Sons of the American Legion have postponed the installation of the Amer-

ican flags on Flags for Veterans Island in Fort Square indefinitely.

The Houghs Neck Garden Club is cancelling the meeting scheduled for May 6th with Susan Hammond,

due to the coronavirus threat. Also the rededication of the World War II Veterans' Memorial in Houghs Neck will be postponed. A new date will be announced at a future date.



PEAK PHYSICAL Therapy & Sports Performance is running a "Give Back 2020" initiative. Each month one employee selects a charity and Peak donates based on the number of patients seen at the clinic. Michelle Canestro of the Quincy clinic selected The Muscular Dystrophy Association. Courtesy Photo

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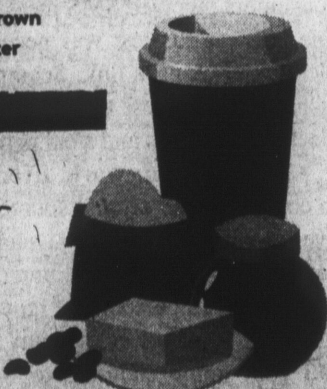
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The Quincy Sun

(USPS 453-060)
Published Weekly on Thursday by
The Quincy Sun Publishing Co., Inc.
1372 Hancock St., Quincy, MA 02169

Robert H. Bosworth
Publisher and Editor

Henry W. Bosworth, Jr.
Founder
1968 - 2009

\$1.00 per copy newstand • \$40 per year in Quincy
\$42 per year by mail outside Quincy • \$50 out-of-state

Telephone: 617-471-3100 Fax: 617-472-3963

online at: www.thequincysun.com

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Periodicals postage paid at Boston, MA
Postmaster Send address change to:
The Quincy Sun, 1372 Hancock St., Quincy, MA 02169

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Moments in time

• On May 3, 1469, the Italian philosopher and writer Niccolo Machiavelli is born. Machiavelli became one of the fathers of modern political theory. The term "Machiavellian" is used to describe an action undertaken for gain without regard for right or wrong.

• On May 1, 1931, President Herbert Hoover officially dedicates New York City's Empire State Building. The building went up in just over a year, under budget and well ahead of schedule.

• On April 30, 1948, the Land Rover, a British-made all-terrain vehicle, debuts at an auto show in Amsterdam. The first Land Rover was made from an old American-made Willys-Overland Jeep and had a boxy, utilitarian design, four-wheel drive and a canvas roof.

• On April 28, 1967, boxing champion Muhammad Ali refuses to be inducted into the U.S. Army, citing religious reasons, and is stripped of his heavyweight title. Ali was convicted of draft evasion, but never served any of his five-year prison sentence.

• On May 2, 1972, after nearly five decades as director of the FBI, J. Edgar Hoover dies. By 1969 the media, the public and Congress had grown suspicious that the FBI might be abusing its authority. Congress passed laws requiring Senate confirmation of future FBI directors and limiting their tenure to 10 years.

• On April 29, 1992, a jury in the Los Angeles suburb of Simi Valley acquits four police officers who had been charged with using excessive force in arresting black motorist Rodney King. The verdict prompted the L.A. riots. The arson and looting finally ended three days later.

• On April 27, 2009, the American auto giant General Motors announced plans to discontinue its 80-year-old Pontiac brand. Initially known for making sedans, Pontiac gained acclaim in the 1960s for its fast, sporty "muscle cars," including the GTO, Firebird and Trans Am.

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AAA: Gas Prices Down 5 Cents

Gasoline prices in Massachusetts are down five cents this week, according to AAA Northeast.

AAA Northeast's April 13 survey of prices in Massachusetts finds self-serve, regular unleaded averaging \$1.94 per gallon. Massachusetts's price is eight cents above the national average of \$1.86. A year ago at this time, the average price in Massachusetts was 67 cents higher at \$2.61 per gallon.

"We are seeing fast and furious gasoline demand destruction. The latest data reveals demand levels not seen since spring of 1968. Every U.S. region is seeing builds in gasoline inventories and crude storage,

which is just driving pump prices even cheaper," said Mary Maguire, director, Public and Legislative Affairs.

On Sunday, the Organization of the Petroleum Exporting Countries plus (OPEC+), led by Saudi Arabia, announced historic global crude production cuts — nearly 10 million barrels per day in May and June.

"While the production cut is historic, it's likely to not have an immediate impact on pump prices given the ongoing impact the COVID-19 pandemic continues to have on crude oil prices and gasoline demand," added Maguire.

Keep Occupied To Overcome Social Seclusion During Pandemic

By REBECCA WEBER
CEO of the Association of
Mature American Citizens [AMAC]

Everyone enjoys a day off every once in a while. Most kids enjoy those snow days when they wake up in the morning to find that an overnight snowfall prevents them from going to school that day. Adults, too, might look forward to a not-so-sick day that gives them a chance to work from home in their pajamas.

But none of us were prepared for the isolation and loneliness of "sheltering in place" during the coronavirus crisis. The experts tell us that this new norm can cause psychological and physical harm if we don't take measures to stimulate our minds and invigorate our bodies. We need to stay in touch with ourselves and with the world.

Social seclusion is particularly dangerous for the elderly, especially for seniors who live alone. In normal times they can ward off depression by meeting up occasionally with friends and neighbors or by hanging out at their gyms or senior centers. So, how can they — and the rest of us — stay sane in a world that has gone mad.

The first thing to do is to take matters into your own hands by vowing not to give in to a notion that you are in solitary confinement. Be aware that there are things you can do to engage your mind and to keep yourself active.

For example, staying connected with friends and family using technology, which is not just for the twenty-somethings among us. Even the orneriest of old timers among us can learn to use picture phones, better known as FaceTime via an Apple cell phone or Google Duo if you prefer an android based mobile device. It's just like making an old fashioned telephone call except it allows you to look — eye-to-eye — at the person with whom you are talking.

Top 6 Coronavirus Scams Reported By BBB

As the COVID-19 pandemic spreads, so does uncertainty and fear: two elements that con artists thrive on. During these stressful times, BBB recommends consumers to be especially alert to avoid falling for a scam. Below are the top six coronavirus scams along with as tips to help identify and avoid them.

1. Phony Cures and Fake Masks

BBB Scam Tracker has received numerous reports of people receiving emails and messages claiming that, for a price, they can buy products the government is supposedly keeping secret — ways to prevent or cure coronavirus. Medical experts are working hard to find a coronavirus vaccine, but none currently exists.

2. Economic Impact Payment (Stimulus Check) Scams

As soon as stimulus packages are announced and approved, scammers quickly get to work sending out fake economic impact checks and asking consumers to pay fees to get their money earlier than what the IRS has promised. These claims are false and open consumers to the risk of identity theft and outright theft of the funds in their bank account.

3. Phishing Scams

Several people are now working from home and con artists have stepped up their phishing scams. They may claim to be from an official department of the employer to offer IT support or claim the company issued computer has a virus. They may use scare tactics, stating the computer will crash if you don't act immediately, all in an attempt to gain access to your computer remotely, or to your personal or company's information.

4. Government Impersonation

Another common phishing scam brought on by the coronavirus pandemic is fake emails and text messages claiming the government needs you to take an "online coronavirus test" by clicking a link they provide. No such test currently exists but if you click on the link, scammers can download malware onto your computer and gain access to your sensitive personal information.

5. Employment Scams

Many people are looking for work online in the wake of coronavirus shutdowns. Fraudsters find ways to take advantage of this by posting phony work-from-home jobs promising remote work with good pay and no interview required. These cons often use real company names and can be very convincing.

After you are "hired," the company may charge you upfront for "training." You may need to provide your personal and banking information to run a credit check or set up

The idea is to distract yourself. This is no time to feel sorry for yourself. For example, make a to-do list of entertaining and engaging activities such as taking walks around the block. You don't have to shake hands with passersby with whom you might be connected; simply give him or her a hearty smile and a wave. And, remember just because you need to distance yourself, there's no need to shout to one another across six feet of space to participate in a conversation.

Meanwhile, limit the amount of time you spend watching news reports about the pandemic on your TV. Keep yourself informed, by all means. But, don't let the "bad news" that is being reported get to you.

And, if there ever was a time for getting physical, it is now. Stay active. If you can't get out for a walk, at least establish a routine of in-home activities that will keep your blood flowing and your mind off of bad news. Set for yourself a list of daily chores around the house such as cleaning up the place and spending time doing indoor exercises such as sit ups and pushups.

Finally, if you are going to use your computer to keep abreast of developments related to the coronavirus outbreak — focus on the progress that is being made on the task of dealing with the disease. It can be quite encouraging. Better yet, there are a plethora of uplifting and downright humorous videos related to the disease available via the Internet. Google or search the Web for "funny coronavirus videos."

Remember, laughter is the best medicine. My personal favorite is a video on YouTube that is attributed to one Frank Vaccariello. It chronicles the very amusing ways that the characters in the TV series, MASH, dealt with the perils of infections. It is, itself, an infectiously funny take on our current dilemma and can be viewed at <https://www.youtube.com/watch?v=L5CNHDeF2xA>.

direct deposit. You may be "accidentally" overpaid with a fake check and asked to deposit the check and wire back the difference. Or, you are asked to buy expensive equipment and supplies to work at home.

6. Shortage Scams (Price Gouging)

Supplies such as hand sanitizer, face masks, and toilet paper are selling out in stores across the U.S. and Canada. Scammers take advantage of this situation and stockpile items in high demand. Then, they seek out potential clients, online and in person, and sell the products at extremely high prices. Price gouging is illegal and high demands for products can lead to con artists selling products that are used, defective, or otherwise mishandled. In some cases, scammers will con people out of their money by accepting payments for products that don't exist.

This has been an issue with face masks. Masks are sold out in most local stores and major online sellers. Instead, consumers are turning to unfamiliar online shops. Unfortunately, phony sellers abound. These scam online retailers take shoppers' money — as well as personal information — and never deliver the masks.

How To Avoid Coronavirus Scams

These scams will evolve as the pandemic crisis continues sometimes mimicking one scam for another. Being prepared to spot and reports scams is more critical than ever.

• **Report price gouging.** Anyone who suspects price gouging during a declared state of emergency should report it to BBB.org/AdTruth. This nonprofit organization will follow up with reported companies and will work with the appropriate agencies to address particularly grievous cases.

• **Think twice before you click.** If you receive an unsolicited text or email from someone you don't know asking you to click on a link, don't do it. In a reported recent scam, consumers received SMS messages saying a mandatory online coronavirus test was necessary, one they could complete by clicking a link. Scammers are using links and attachments like these that will download malware onto your electronic devices and steal personal information.

• **Do your homework.** Even if a call or message seems to come from an official source, research it before handing over sensitive information, such as your name, address, or banking information. Scammers often try to earn consumers' trust by impersonating reputable, official institutions.

• **Don't accept calls from strangers.** Con artists may call your home claiming to work for the government or healthcare system. Remember, neither the government, nor any healthcare related agencies make unsolicited calls to individuals.

Cont'd On Page 15

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Scenes From Yesterday



THIS POSTCARD from the 1920s shows a view looking east on Huckins Avenue in Squantum. On the left is the four-room Squantum grammar school built in 1921. The school opened with 100 students and four teachers. This street was named for Captain James Huckins, who bought almost 90 acres of land here in 1854 and built

an estate on the hill near today's Bellevue Avenue. His granddaughter, Lillie Titus, known as the grand lady of Squantum, later sold most of the property to land developers who laid out and sold almost 1,000 house lots in this part of Squantum in the beginning of the last century.

From the Postcard Collection of Tom Galvin

Baker Issues Face Coverings, Cloth Masks Advisory; Expands Resources For Critical Workers

The Baker-Polito Administration has issued further public health guidance, expanded resources for critical workers and increased Massachusetts National Guard activation to support its ongoing response to mitigate the spread of COVID-19.

A new Department of Public Health advisory, consistent with CDC guidance, recommends that all residents wear a mask or face covering in public when social distancing is not possible. In addition, the Executive Branch issued similar guidance to state employees recommending when masks or face coverings should be utilized while working.

The administration has also expanded access to the free priority COVID-19 testing sites for first responders located at Gillette Stadium and the Big E fairgrounds to include grocery store workers.

Additionally, Gov. Charlie Baker authorized the activation of an additional 3,000 more military personnel of the Massachusetts National Guard.

Face Coverings and Cloth Masks Advisory: The Baker-Polito Administration April 10th issued guidance to residents and Executive Branch employees recommending the use of a face covering or cloth mask when in situations where maintaining proper social distancing measures are not possible to prevent the spread of COVID-19, such as in a grocery store.

A face covering may include anything that covers your nose and mouth, including a mask, scarf or bandana. Health care masks, such as N95 masks, should not be used and should be preserved for health care workers and first responders. Cloth masks should not be worn by young children under the age of two, persons with difficulty breathing, or those who are unconscious, incapacitated or otherwise unable to remove the mask without assistance. Instructions on how to make a cloth mask are available from the CDC.

Grocery Store Worker Priority Testing: The Baker-Polito Administration and the Executive Office of Public Safety and Security has expanded access to the free, priority COVID-19 testing sites for first responders to now include grocery store and supermarket workers. Beginning April 11, the men and women who provide critical access to food and other necessities may schedule an appointment to receive COVID-19 testing at the sites located at Gillette Stadium in Foxboro and the Big E fairgrounds in West Springfield.

All appointments must be made in advance by the worker's supervisor or manager, and personnel do not need to be symptomatic to be eligible.

Massachusetts National Guard Activation: The Baker-Polito Administration authorized the activation of an additional 3,000 military personnel of the Massachusetts National Guard to support the Commonwealth's COVID-19 response. This order raises the total authorization to up to 5,000 members statewide, who may be tasked with supporting requests from state agencies for equipment, logistics,

warehousing and related duties.

Local cities, towns and state agencies should submit requests for support through the Massachusetts Emergency Management Agency.

The activation reflects Governor Baker's statutory authority to activate the Massachusetts National Guard under state active duty to provide necessary assistance to state and municipal civilian authorities.

The Baker-Polito Administration will continue to update the public on developments related to COVID-19. Residents can visit www.mass.gov/covid19 for the latest information, call 2-1-1 with questions, and text "COVIDMA" to 888-777 to subscribe to text-alert updates.

READERS FORUM

Post Office: Follow Social Distancing Guidelines, Don't Approach Letter Carriers

During these challenging times, postal employees are working hard to ensure residents stay connected with their world through the mail. Whether it's medications, a package, a paycheck, benefits or pension check, a bill or letter from a family member, postal workers understand that every piece of mail is important. While service like this is nothing new to us, we need our communities' help with social distancing.

For everyone's safety, our employees are following the social distancing precautions recommended by the Centers for Disease Control and Prevention (CDC) and local health officials. We are asking people to not approach our carriers to accept delivery. Let the carrier leave the mailbox before collecting the mail. With schools not in session, children should also be encouraged to not approach a postal vehicle or carrier.

If a delivery requires a signature, carriers will knock on the door rather than touching the bell. They will maintain a safe distance, and instead of asking for a signature on their mobile device, they'll ask for the resident's name. The carrier will leave the mail or package in a safe place for retrieval.

We are proud of the role all our employees play in processing, transporting, and delivering mail and packages for the American public. The CDC, World Health Organization, as well as the Surgeon General indicate there is currently no evidence that COVID-19 is being spread through the mail.

With social distancing, we can keep the mail moving while keeping our employees, and the public, safe.

Mike Rakes

District Manager

U.S. Postal Service - Greater Boston District

Quincy's Yesterdays

This Week
1970
50 Years Ago

Dr. Djerf Honored For Civic Contributions

More than 700 people honored Dr. Charles Djerf, noted pediatrician and civic leader, at a dinner at Valle' Restaurant in Braintree. Highlights included School Committeeman Charles T. Sweeny, dinner co-chairman, who presented a \$2,500 check to Dr. Djerf for his Charitable Trust. He was also presented with the chair he occupied during his 16 years as a member of the Quincy School Committee.

Head table guests included School Committee Vice-Chairman James F. McCormick, Sr., School Superintendent Lawrence P. Creedon and Louis S. Cassani, dinner co-chairman and emcee.

Mayor James R. McIntyre brought the greetings of the city.

'BAD NEWS' FOR TAXPAYERS DUE BY APRIL 30

Quincy taxpayers will know "the bad news" by April 30. Mayor McIntyre said that he expects the 1970 tax rate to be set by then.

McIntyre declined to forecast what the figure will be but said, "It will be a substantial increase."

Other City Hall sources, however, think the 1970 rate could hit the \$130 or more plateau. They see a hike of \$15 or \$16.

Ward Six Councillor J. Vincent Smyth, chairman of the Council's Finance Committee, has already predicted that this year's record high \$39.9 million municipal budget alone would mean at least a \$10 rate hike.

HN LIBRARY OPEN FOR AT LEAST A YEAR

The opening of the \$600,000 Adams Shore Branch of the Thomas Crane Public Library will not this year affect the closing of the Houghs Neck Branch Library.

Mayor McIntyre told the Quincy Sun, "We are going to keep it open for at least a year until we can see if the circulation can be maintained." (Editor's note: The Houghs Neck Branch Library would eventually close.)

QUINCYSIMS

Adeline Pompeo, 45, having completed 1,000 hours of training, received her diplomas from the Quincy Beauty Academy, 30 Franklin Street... The Fore River-built U.S. Navy oilier-supply ship, the Savannah, was christened at ceremonies held at the Quincy Shipyard... **Past Grand Knights Joseph Landry, Paul Kelly** and their wives were in attendance at the Charity Ball sponsored by the Quincy Knights of Columbus. Mr. Kelly is a member of the Quincy School Committee... The Quincy High School Class of 1950 was planning its 20th year anniversary to be held at the Ridder Country Club in Whitman. Committee members included **Nancy (Keelon) Chamberlain** and **Violet (Johnson) Gillis**, co-chairs, **Donna (Chase) Malmberg**, secretary-treasurer and **Norma (Perry) Carlson**, ticket chairman... Newly installed officers of the Old Colony DeMolay included **Bryant Carter, Jr.**, Master Councillor, **Frank M. Moody**, senior deacon, **Joseph A. MacRitchie, Jr.**, junior deacon, **Wesley T. Woodward**, junior councillor and **Robert V. Morgan**, senior councillor... "The Queen Pins" were the women champs in the Koch Club Bowling League. Koch Club founder **Richard J. Koch, Jr.**, presented trophies to **Betty Gagne, Mal Adams, Mary Powell, Beverly Putnam** and **Joyce Agnew**... Austin TV, 19 School St., Quincy, was offering "High Quality, Low Cost, Color TV's and Stereos"... The Adams Birthplaces, spruced up with new paint and a springhouse cleaning, were due to open for visitors on April 19... The Brett Package Store, 205 West Squantum St., Montclair, was offering "Regal Club Whiskey, Gin and Vodka for \$4.19 a quart"... **Captains Robert Blowers** and **Alfred Joly** of the Quincy Fire Department spoke on "Fire Prevention in Homes" at a meeting of the Houghs Neck Congregational Church Mothers Club... The General Dynamics Quincy Shipbuilding Division was advertising for pipefitters, ship fitters and welders. "The story here is good jobs and we've got tons of them"... **Second Lt. John M. D'Angelo**, son of Mr. and Mrs. Patrick D'Angelo, 84 Tyler St., Wollaston, was awarded the Air Force silver pilot wings upon graduation at Reese AF Base, Texas... **Laurie O'Neill** of North Quincy High School, received second prize in the statewide contest for juniors at the D.A.V. Auxiliary... **Alex Randall** and **Eileen McBournie** of North Quincy High School, **Jeffrey Dill**, Central Junior High and **Rodney Dill** of Quincy High School, were members of the Greater Boston Youth Symphony Orchestra... The Econo-Car Rental, 459 Southern Artery, Quincy, was offering rentals of 1970 Buicks for \$7 for 24 hours at seven cents a mile.

Initial Implementation Of New Federal Unemployment Benefits From CARES Act

The Baker-Polito Administration announces details for the initial implementation of federal unemployment benefits in the CARES Act, the federal based COVID-19 relief package.

This federal program, enacted on March 27, will be administered by states.

The announcement reflects the first set of partial guidance that Massachusetts will immediately implement to support unemployed workers. The Department of Unemployment Assistance (DUA) is moving swiftly to implement the new benefit programs and awaits additional guidance from the federal government for the remainder of benefits authorized by the CARES Act.

Understanding the great urgency of Commonwealth residents to access these benefits, DUA issued new guidance to instruct all residents of what actions they can take now.

Federal Pandemic Unemployment Compensation (FPUC): For Individuals Currently Collecting Benefits From Regular Unemployment Compensation:

Overview: An additional \$600 per week for individuals collecting benefits from regular unemployment compensation is being implemented by DUA. The additional \$600 will be added to unemployment benefits retroactive to March 29 and began being disbursed to

claimants last week.

The FPUC program will provide an additional \$600 per week to individuals who are collecting regular Unemployment Compensation (UC), Pandemic Emergency Unemployment Compensation (PEUC), Pandemic Unemployment Assistance (PUA), Extended Benefits (EB), Trade Readjustment Act (TRA), and Disaster Unemployment Assistance (DA). The Department has already begun implementing the FPUC program for regular UC claimants.

The \$600 will be added to all eligible weeks of benefits retroactive to March 29, and continuing until July 31. FPUC monetary disbursements will begin

immediately in Massachusetts for those who are currently collecting benefits on regular UC claims. Those receiving PEUC, PUA, and EB will receive the additional \$600 payments retroactive to March 29 as soon as their claims are processed and determined eligible.

Next Steps For Claimants: Eligible claimants who are already receiving UI do not need to do anything for the additional \$600 to be added to their weekly benefit amount. This benefit will be available for all new claimants filing for regular Unemployment Compensation as well, which can be done at www.mass.gov/unemployment/covid-19

Pandemic Unemployment Assistance (PUA): For Individuals Not Covered Under Traditional Unemployment Insurance (Self-Employed, Gig Economy Workers, Others):

Overview: A benefit will be available for individuals not covered under traditional unemployment insurance like the self-employed or gig workers or those who do not qualify for lack of wages. DUA is now working with a vendor to build a new platform to disburse those benefits. This platform is expected to begin processing claims on or about April 30.

PUA will provide up to 39 weeks of unemployment

benefits to individuals who are not working as a result of COVID-19 and are self-employed, independent contractors, gig economy workers, and others who otherwise would not qualify for regular UC or EB under state or federal law or PEUC. These individuals will not be able to claim benefits directly through the UI Online System in Massachusetts, as of this time. The Department of Unemployment Assistance has engaged a vendor to build a new platform to disburse PUA benefits.

The platform is expected to begin accepting PUA claims by April 30. Eligible claimants under PUA will be retroactively compensated with this benefit beginning Feb. 2, 2020, or the first week a claimant was unable to work as a result of COVID-19, whichever date is later. The last week this benefit is payable is the week ending Dec. 26, 2020.

Next Steps For Claimants: Eligible claimants should continue to check for updates at www.mass.gov/unemployment/covid-19 on the new platform, which will be ready this month. Once the system is up and running, eligible claimants will receive this benefit backdated to Feb. 2, 2020, or the first week a claimant was unable to work as a result of COVID-19.

Pandemic Emergency

Unemployment Compensation (PEUC): For Individuals Who Exhausted Previous UI Benefits:

Overview: A 13-week extension of benefits for individuals who exhausted their previous benefits – is not yet available as DUA continues to await federal implementation guidance.

The PEUC program provides up to 13 weeks of unemployment insurance benefits to individuals who have exhausted their previous unemployment benefits. The first week a claimant can be compensated on this benefit is the week beginning March 29, and the last payable week is the week ending Dec. 26, 2020. The Department of Unemployment Assistance is awaiting additional federal guidance on how to implement and administer this program and the extended weeks of PEUC benefits are not yet available.

Next Steps For Claimants: No action at this time. Eligible claimants should continue to check for updates, which will be made available as soon as the state receives information from the federal government.

DUA is committed to moving as quickly as possible to get workers the benefits they deserve during these unprecedented times and will continue to communicate with the public about the status of these benefit programs.

WHAT'S COOKING

with

Marie & Susie

By MARIE D'OLIMPIO and SUSIE FALCO



Peanut Butter Stuffed Brownies

By MARIE

If you are a fan of peanut butter and are also a fan of brownies then today's recipe is a combination that will make you very happy. It is so different than what you think you would have to do to make this delicious treat.

Ingredients and Directions:

- 10 tablespoons unsalted butter
- 4 ounces of semi-sweet baking chocolate, chopped
- 1 cup of sugar
- 2 large eggs plus one egg yolk
- 1 teaspoon of vanilla
- ½ cup of all-purpose flour
- ¼ cup of unsweetened cocoa powder
- ¼ teaspoon salt

For filling:

- 1 and ¼ cups of creamy peanut butter (do not use natural).
- Place peanut butter in the microwave for 20 to 30 seconds.
- Line a 8-inch metal square pan with parchment paper letting the paper overhang over all four sides.

Spread the peanut butter evenly all over the pan and put in freezer for one hour. Use the parchment paper to lift the peanut butter out of the pan and put it back to keep frozen while you are making the brownie batter.

To make batter: Preheat oven to 350 degrees.

Line a square 8 x 8 baking pan with parchment paper leaving an overhang.

In a large bowl, combine the butter and chocolate and microwave for 30 seconds stirring until mixture is melted and smooth.

Add sugar to the batter and whisk vigorously until combined.

Allow to cool until just a little bit warm.

Add the eggs, egg yolk, vanilla and whisk one of two minutes until well combined.

Add the cocoa powder, salt until blended.

Pour half of the brownie batter into prepared pan and then carefully take frozen peanut butter and place on top of batter.

Once in place, put rest of brownie batter on top, spreading evenly.

Bake 30 minutes let cool in pan for 30 minutes. Cut into squares when completely cooled.

Easy, Delicious Pizza Crust

By SUSIE

Here is a really easy and delicious pizza crust recipe that has been adapted by me, from a cookbook authored by Beth Crowell whose children have lots of food allergies.

This crust is healthy and really surprisingly delicious, and you don't have to make it rise, it's done in just a few minutes.

Top it with anything you desire. I like using homemade tomato sauce but a great brand is Muir Glenn organic pizza sauce in a can. It tastes like pizzeria sauce.

I also always drizzle with olive oil before baking, and saute vegetables like onions and peppers and mushrooms and put them on the pizza AFTER it is cooked. When I was in Italy, that is how they did it. At least the area that I was visiting did!

After the pie came out they cut into slices and spooned the veggies fresh and hot on top. Then drizzled with olive oil and pepper flakes.

- 2 cups purified water
- ¼ cup olive oil
- 1 ½ teaspoons apple cider vinegar
- 2 teaspoons flax MEAL (not seeds)
- 1 ½ tablespoons of coconut sugar
- 2 teaspoons baking powder
- 2 teaspoons garlic powder
- 1 teaspoon sea salt
- 2 cups organic baby brown rice cereal DRY (not cooked)
- 2 cups rice flour

Combine first 4 ingredients in bowl
Combine remaining ingredients and add to liquid mixture. Combine well mixing thoroughly.

Divide batter evenly into two olive oil greased pizza pans and bake at 400 for 10 or 15 minutes.

Remove from oven and now top with your sauce and cheese or whatever toppings you desire. Bake until edges are light brown and topping is cooked.

Cont'd From Page 2

rent, mortgage, and food, they should not have to pay inflated prices for basic needs," said Assistant Majority Leader in the House, state Rep. Paul Donato, Medford.

"The emotional, physical and financial toll of this global pandemic has been challenging on all of us, the last thing we need is for essential food and products to be financially inaccessible," said state Rep. Tackey Chan, Quincy, House Chairman of the Legislature's Joint Committee on Consumer Protection. "Companies, especially big businesses, must take concrete steps and stop the practice of price gouging. They have a moral obligation to ensure that all people have access to the basic necessities."

Specifically, state legislators from 45 states – with the support of MASSPIRG Education Fund -- are calling on companies to:

1. Set policies and enforce restrictions on unconscionable price gouging during emergencies. Online retail platforms should prevent unconscionable price increases from occurring by creating and enforcing strong policies that prevent sellers from deviating in any significant way from the product's price before an emergency. Such policies should examine historical seller prices, and the price offered by other sellers of the same or similar products, to identify and eliminate price gouging.
2. Trigger price gouging protections independent of, or prior to, an emergency declaration. Price gouging on a platform often begins prior to official emergency declarations. Companies should trigger the above protections when its systems detect pricing spikes generally, or conditions that could lead to price gouging like pending weather events

or future possible health emergencies.

3. Create and maintain a "Fair Pricing" Page or Portal where consumers can report price gouging incidents to companies directly. A simple tool requesting the name of the vendor, the item for sale, the alleged unfair price, and the state of residence of the complainant would quickly and efficiently allow companies to identify and freeze or remove truly bad actors and make appropriate referrals for enforcement or prosecution. These complaints should be made available upon request by offices of the attorneys general.

Consumers can report price gouging to Attorney General Maura Healey's office, through their online consumer complaint process, or their consumer hot line at (617) 727-8400.

To learn more about how to identify and report price gouging, go to MASSPIRG Education Fund's website.

State Legislators Demand Online Marketplaces End Coronavirus Price Gouging

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Social Security Matters Why Are Our Medicare Premiums Different?

By RUSSELL GLOOR

AMAC Certified Social Security Advisor
Association Of Mature American Citizen

Dear Rusty: What is the Medicare monthly payment based on? I pay \$139.60, my husband pays \$144.60, a friend pays \$136.60. I receive \$388 per month in Social Security, my husband receives \$1,200, and my friend receives \$1,000 per month. There seems to be no rhyme or reason for the amount we pay. **Signed: Curious to Know**

Dear Curious: It may not seem so, but there is actually "rhyme or reason" to the amount of everyone's Medicare premium. I'll try to explain.

Each year Medicare determines a standard premium amount for Part B – coverage for doctors and other outpatient services. For 2020, the standard premium is \$144.60; last year it was \$135.50. Higher earners may even pay more, as a supplemental amount is added to the base Part B premium if someone's income exceeds certain high clip levels set by Medicare. In short, those with high income pay a higher (than standard) Medicare premium. The rest of us pay the base \$144.60 amount, unless the "hold harmless" provision is in play.

The "hold harmless" provision is a law passed by Congress to prevent Social Security benefit payments from decreasing as a result of an increase in the Medicare premium (most Medicare premiums are deducted from Social Security benefit payments). The disparity in premiums you refer to results from the hold harmless provision, which also permits all or part of a Social Security cost of living adjustment (COLA) to be applied to your Medicare premium increase, instead of going to you. Here's what can happen:

If the Medicare premium goes up in any year, some (or all) of your annual Social Security COLA increase can be used to pay for your monthly Medicare premium increase. But, if the COLA increase to your SS benefit isn't big enough to cover the entire Medicare premium increase, your net SS benefit stays the same and your Medicare premium amount becomes whatever level your COLA increase brings it to (up to the base premium for that year). That means that your Medicare premium could be lower than the standard Medicare Part B premium for the year.

Since the dollar value of a COLA increase varies according to the size of your Social Security benefit, those with a higher benefit may receive a COLA increase which more than covers the Medicare premium increase and the remainder is given as additional SS benefit. But those with a lower SS benefit will get a smaller COLA, which may not be enough to cover the increase in the Medicare premium. In that event, the Social Security benefit stays the same and the COLA is used to bring the Medicare premium up to, or closer to, the base premium amount. If the COLA doesn't cover the entire Medicare premium increase, the premium stays at a lower-than-base number. And this recurs every year, which results in many people, especially those with a smaller SS benefit amount, paying a different (smaller than base) Medicare premium amount.

Here's an example: If your husband's SS benefit is \$1,200/month, he got a \$19.20 COLA increase for 2020 (1.6%). The Medicare premium for 2020 went up by \$9.10, which was taken from his COLA increase. The remaining \$10.10 of his COLA increase was added to his SS benefit amount.

If your benefit is \$388 your COLA increase was \$6.20 (1.6%). That \$6.20 COLA wasn't enough to cover the \$9.10 Medicare premium increase, but it was applied to your previous Medicare premium amount to bring you to a Medicare premium of \$139.60. Your net SS payment stayed the same because your current SS benefit cannot be used to pay for the rest of the premium increase. But \$5 of any COLA increase you get next year will go toward bringing you up to the base Medicare premium amount. While this may not fit your idea of "rhyme or reason" it is, nevertheless, based upon a well-intentioned "hold harmless" rule which protects your Social Security benefit from decreasing.

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity.

To submit a question, visit amacfoundation.org/programs/social-security-advisory or email ssadvisor@amacfoundation.org.

Library Program About The Songs Of 1970 Moved Online

Join Wheaton College music professor Del Case online via Zoom at 7 p.m. Wednesday, April 15, for a guided listening session exploring some of the top songs 50 years ago, in 1970, including music by the Beatles, Led Zeppelin, Simon & Garfunkel, Aretha Franklin, and the Rolling Stones.

Get all the login details below.

Whether you lived it the first time, or heard it after the fact, 1970 was a seminal year in music history. Here are the top 10 albums on the billboard chart this week, that year:

- Bridge Over Troubled Water / Simon & Garfunkel
- Hey Jude / The Beatles
- Led Zeppelin II
- Morrison Hotel / Hard Rock Cafe / The Doors
- Santana
- Chicago II
- Abbey Road
- Will & the Poorboys / Creedence Clearwater Revival
- Tom Jones Live in Las Vegas
- Hello, I'm Johnny Cash

This program is sponsored by the Friends of the Thomas Crane Public Library.

Join Zoom Meeting: <https://zoom.us/j/582223665?pwd=NnoyaUdwZk1qQXN0eXhjMXo0Rk5tUT09>

Meeting ID: 582 223 665
Password: 503523

Use computer audio or call in: +1-646-558-8656,,582223665#

Two Students Initiated Into Phi Kappa Phi Honor Society

Two students from Quincy were recently initiated into The Honor Society of Phi Kappa Phi, the nation's oldest and most selective collegiate honor society for all academic disciplines.

They are:

XiaoYue Wong, a student at the University of Massachusetts; and Zachary Erickson, a student at Fordham University.

They are among approximately 30,000 students, faculty, professional staff and alumni to be initiated into Phi Kappa Phi each year. Membership is by invitation only and requires nomination and approval by a chapter. Only the top 10 percent of seniors and 7.5 percent of juniors are eligible for membership. Graduate students

in the top 10 percent of the number of candidates for graduate degrees may also qualify, as do faculty, professional staff and alumni who have achieved scholarly distinction.

Phi Kappa Phi was founded in 1897 under the leadership of undergraduate student Marcus L. Urann who had a desire to create a different kind of honor society: one that recognized excellence in all academic disciplines. Today, the Society has chapters on more than 300 campuses in the United States and the Philippines. Its mission is "To recognize and promote academic excellence in all fields of higher education and to engage the community of scholars in service to others."

Marissa Viens On Dean's List

Marissa Viens of Quincy has been named to the Dean's List for the fall se-

mester at Fairfield University in Fairfield CT.

Jack Kelly On Dean's List

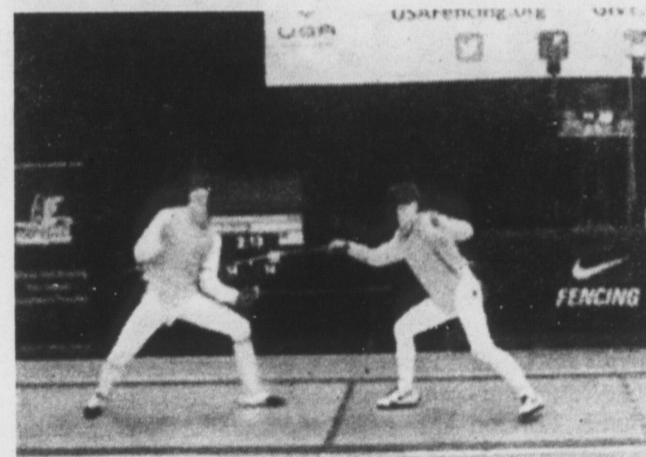
Jack Kelly of Wollaston has been named to the Dean's List for the fall semester at Fairfield University in Fairfield CT.

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Social



NICK ANDRADE, a 2018 graduate of North Quincy High School and a freshman at Brown University, recently was named 2019-20 Men's Rookie of the Year by the Northeast Fencing Conference (NFC).
Courtesy Photo

Quincy's Nick Andrade NEF Fencing Rookie Of The Year

Nick Andrade, a 2018 graduate of North Quincy High School and a freshman at Brown University, recently was named 2019-20 Men's Rookie of the Year by the Northeast Fencing Conference (NFC).

The NFC was founded in 1992 to support inter-collegiate fencing in and around New England. The league organizes a round-robin schedule of dual meet competitions for the fencing programs at all member institutions, comprising a mix of NCAA varsity programs and student-organized club programs.

Andrade took the individual men's title in foil with a 27-3 record, a 90-percent win percentage. Foil is one of three types of competitive fencing, along with épée and sabre.

Andrade also was named to the NFC's Men's All-Stars, First Team. The NFC bestows All-Star honors on the top six fencers in each weapon with the top three finishers earning First Team accolades and the fourth through sixth placers named to the Second Team.

He began fencing at the age of 8 at the Moe Fencing Club in Somerville. Over the past decade, he has won many accolades in local, regional, and national competitions, including a 2016 gold medal at the USA Fencing National Championships Division 1A in Dallas.

When not at university, Andrade lives in Quincy with his mother Shelly Hsieh and his sister Jacquelyn, a ninth-grader at The Woodward School in Quincy.

Union Congregational Church

Are your days running together? Do you need to stop and restore?

Make Sundays special at Union Congregational Church of Wollaston.

The public is welcome to join church members Sunday morning at 10 am via Zoom. Take some time to hear God's good news and follow Pastor Joy Eng Matos as she leads in The Word

and The Walk.

For information and an invitation for the Sunday Service via Zoom contact uccwoll@gmail.com or call 617-479-6661. You may also visit the church website at UnionCongWoll.org.

Union Congregational Church is a place where Christ is taught, proclaimed, and lived in loving fellowship with others.

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Real Estate

Quincy Real Estate Transactions April 6- April 10

Transactions are compiled by the Norfolk County Registry of Deeds

SELLER

Martha C. Chase
Brian & Crystal Swartz
Brian K. London
Leroy C. Antrobus & Justine V. Lobert
Jian H. He
Michelle A. Dean
Thomas P. McDonough & Elizabeth A. Dynan
Susan Spargo
Fintan Murtagh
Thomas J. III, Sharon, Thomas J. Jr. & Kristen Kelly

BUYER

Edmund & Colleen W. DiSanto
Lynn C. Gilbody
Derek P. & Lindsay DeGennaro; Sebastian & Lauren Barbagallo
Daoyun Xi
Arlind & Esmeralda Dajko
Chantal M. Couture
Thomas C. & Terri L. Grifa
Riliang & Richeng Huang; Hua Yan Lin
Annie Nguyen
Whaler Lane LLC

AMOUNT

\$624,000.00
\$510,000.00
\$675,000.00
\$455,000.00
\$279,000.00
\$495,000.00
\$920,000.00
\$476,000.00
\$1,165,000.00
\$649,000.00

ADDRESS

143 Sea Avenue
580 Quarry Street Unit 4
28 Moffat Road
155 Kendrick Avenue Unit T1
45 Oval Road Unit 36
4 Herbert Road
21 Harbourside Road Unit 26
16 Spence Avenue
15 Monmouth Street
40 Whaler Lane Unit 95

BBB Scam Alert: Small Businesses, Don't Fall For Phony SBA Grant Offer

By BETTER BUSINESS BUREAU

Small business owners are getting hit with a lot of information and making tough decisions on how to survive the COVID-19 crisis. Emails are coming in

from every direction about local, state, and federal government relief loans. They're also sifting through advice on how to keep employees, maintaining a safe work environment and tips on how to stay cybersecure

online. With all of these messages flooding their inbox, social media, and phone, it's easy to mistake a scam for a real offer.

How the Scam Works:

An email, text or caller ID appears to be from the U.S. Small Business Administration or an attorney representing the SBA. The "SBA" is offering grants just for small businesses affected by the coronavirus outbreak. The application looks simple and may involve completing a short form requesting banking and business information. After being approved, the business owner is asked to pay a "processing fee" up to a couple thousand dollars. This is just one example of the type of scam going around.

BBB.org/ScamTracker has received several recent reports about a sophisticated new twist. After the "government agency" contacts business owners about the grant, a friend then reaches out through Facebook. This "friend" claims to have successfully received money from the exact same grant and wants you know about the program. What a coincidence! Naturally, the "friend" is not really a friend, but a compromised Facebook account contacting all of your friends on Facebook.

No matter how convincing the idea sounds and how much your business could use "free" money, don't fall for it. If you receive an offer that appears to come from the SBA or another state

or local government small business agency, research it before sharing any personal information.

Tips for Spotting a Small Business Loan Scam:

- Look for a website that ends in .gov or .ca: Legitimate government entities will have websites and emails that end with .gov such as SBA.gov.
- Do a quick internet search for similar offers: Many government agencies helping small businesses are offering loans and other programs. Be sure to confirm that the offer is real before sharing personal or business information. Find the agency website through an online search (never click on a link in an email) and be

sure the program is on their website

• Government agencies do not typically text or communicate through social media avenues such as Facebook. Be wary of unsolicited messages.

• There is no such thing as a "free" government grant. If you have to pay money to claim a "free" government grant, it is not really free. A real government agency will not ask you to pay an advanced processing fee.

• Businesses typically don't receive government grants. In general, the federal government only offers grants to nonprofits, educational institutions, and state and local governments. Learn more at SBA.gov.

How To Mail, Ship Without Leaving Home

Order Stamps & Supplies, Print Postage, Arrange Pick-Up From U.S. Postal Service

You don't have to go to the Post Office to use many postal products and services. In fact, most simple tasks can be done from the convenience and safety of your home with or without a computer.

Like purchasing stamps. Using your computer, you can go to the Postal Store on usps.com and select different stamp denominations. USPS will deliver them right to your home.

No computer? No problem! Ask your local Post Office or carrier to bring you a Stamps by Mail order form, complete it and put it in your mailbox with a check. Again, USPS will bring you your stamps.

What if you need to send a package? You can order free Priority Mail and Priority Mail Express boxes, or other package supplies at usps.com. Again, USPS will deliver items to your address. And at usps.com, using Click-N-Ship, you can print a mailing label with the appropriate postage right from your computer.

Need that package picked-up? Go to usps.com and schedule a free carrier pick-up. In your request, let your local Post Office know where they can find the package or packages and the carrier will retrieve them when he or she delivers your mail.

USPS postal employees are working around the clock to ensure you get your important letters and packages. Skip the trip to the Post Office by ordering stamps, package supplies, and printing package postage from your home. We'll pick up your packages too.

The Postal Service receives no tax dollars for operating expenses, and relies on the sale of postage, products and services to fund its operations.

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Phelan Collects Signatures To Qualify For Ballot

Bill Phelan, a Democratic candidate for Norfolk County sheriff and former mayor of Quincy, announced in a statement that through a strong grassroots network and broad community support the campaign has successfully collected enough signatures to appear on the ballot in September

There are currently two bills in the Massachusetts

House of Representatives and one bill in the Massachusetts State Senate that aim to reduce the number of signatures that are required to reach the ballot. Besides sheriff, other county-wide races include Register of Probate, Register of Deeds, County Commissioner and County Treasurer.

Phelan collected the requisite number of signatures before social distancing guidelines were enforced in the wake of the COVID-19 pandemic. He immediately suspended signature collection in the interest of public health when social distancing guidelines were established.

"We have received our signature papers back from the town and city clerks and

I'm thrilled to announce that we have more than enough certified signatures to be placed on the ballot for the Sept. 1st primary. We're lucky to have such great volunteers and broad public support that we were able to get the signatures we needed to the town and city clerks for their certification before the social distancing orders from the governor were enacted," said Phelan.

"Democracy is stronger than this pandemic. We can hold free and fair elections while still following the advice of health experts to keep people safe. That's why we are continuing our campaign, virtually for now. We will continue to use social media to share useful information to help residents

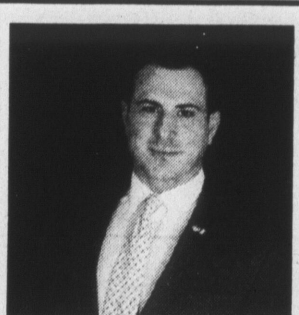
of Norfolk County manage during these difficult times."

In other campaign news, Phelan announced several endorsements from labor unions.

Among the unions endorsing Phelan include Roofers & Waterproofer Local No. 33, Laborers Local No. 88, and International Association of Heat and Frost Insulators Local No. 6.

"Especially during this crisis, we're honored to receive endorsements from these great unions," Phelan said. "I have built strong relationships and a mutual trust with many labor unions throughout my career, and, as a former member of the Letter Carriers Union myself, I've always been committed to supporting working families."

"Working families are the backbone of our communities, and as they bear the brunt of this pandemic, I proudly stand with organized labor to ensure they always have a seat at the table and play a key role in decisions that will have an impact on their livelihoods," Phelan added.



Armando Agnitti, Esq., CISR
Anthony Agnitti, CIC, LIA

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DeCristofaro Chosen As Next Quincy College President

Cont'd From Page 1

was treated like any other candidate.

Katherine Craven, the chairwoman of the presidential search committee, recommended the board begin negotiations with DeCristofaro to make him the school's new president. She noted the college's current acting president, Daniel Asquino, was set to leave by June 13 and said DeCristofaro is familiar with the city and the college.

"Having someone who comes in and knows Quincy...is a pretty sensible and logical thing," she said during the committee meeting.

Craven, the former executive director of the Massachusetts School Building Authority, also said she had worked with DeCristofaro during the construction of the new Quincy High School and Central Middle School. DeCristofaro, she

added, is also familiar with the Quincy Education Association, the union that represents both Quincy Public Schools teachers and faculty and staff at Quincy College.

Paul Barbadoro, the chairman of the board of governors, said DeCristofaro was both qualified for the position and familiar with the city.

"Rick is eminently qualified...and has all the local knowledge and abilities we are looking for in a president," he said.

Search committee member Barbara Clarke said DeCristofaro was qualified for the position but said her colleagues should vet other candidates first.

"Rick is very competent, has all the credentials plus the experience in the system," Clarke said, but questioned whether the process was being rushed.

"We have two more

months," she added later.

Clarke also asked why the board advertised for the president's job in the first place. Barbadoro said it was unknown until recently if DeCristofaro was interested in the position.

Joseph Shea said the college needs to do a better job of attracting students from Quincy and other nearby communities, something he said DeCristofaro would be able to do. Shea also said it was important to hire someone who could "hit the ground running."

"We can't waste any time. We have to get going," said Shea, a former Quincy city clerk. "Two more months is so valuable. I don't think we can tarry."

The vice chairman of the search committee, Christopher Carroll, said DeCristofaro is someone who spends six or seven days a week working in the city's school

system and described him as someone who likes to "roll up his sleeves and get to work."

"He could be retiring... but he's looking at this as a challenge," Carroll said.

The search committee voted 7-0 in favor of recommending DeCristofaro to the full board, with Clarke voting present.

Clarke then joined her colleagues in voting in favor of entering into negotiations with DeCristofaro during the subsequent meeting of the full board, saying it was best to give him the board's full support.

"The selection of Rick DeCristofaro is a good selection, I believe. He brings a lot of local knowledge and educational experience," Clarke said. "I support him, but I don't agree with the process."

A 1970 graduate of Quincy High School, DeCris-

tofaro earned a bachelor's degree from North Adams State College (now the Massachusetts College of Liberal Arts) in 1974; a masters in elementary education from Suffolk University in 1976; a certificate of advanced graduate study from Boston State College (which was later incorporated into the University of Massachusetts Boston) in 1980; a masters in special education from Suffolk in 1983; and a doctorate of education from University of Massachusetts Amherst in 1991.

DeCristofaro began working for the school system in 1974 as a fifth-grade teacher at the former Pollard and Willard Schools, and rose through the ranks until he was named principal of the Snug Harbor Community School in 1987. DeCristofaro held that post until January 1993, when he was named assistant superinten-

dent. He was named acting school superintendent in July 2001 and the full-time superintendent that November.

Quincy College has been led by a series of acting presidents since Peter Tsaffaras resigned in May 2018. Tsaffaras had been the school's president since 2011.

Following Tsaffaras' departure, the board of governors first turned to Mayor Thomas Koch as the school's interim leader and then tabbed Michael Bellotti to serve as acting president in September 2018; Bellotti left his post as Norfolk County sheriff to join the college. Asquino, who served as the president of Wachusett Community College in Gardner from 1987 to 2017, has served as Quincy College's acting president since November 2019.

\$3M OK'd For Broad Meadows School Work

Cont'd From Page 1

The \$3 million bond will pay for the rebuilding of the boiler room that heats the section of the school housing its auditorium, cafeteria, gymnasium, library and four classrooms, plus asbestos abatement in that section of the school and replacement of the building's electrical system, according to Paul Hines, the city's commissioner of public buildings. That work is set to take place this summer.

As part of the project, the city will replace the boilers that heat that section of the building and also elevate the boiler room so that it is above the flood level.

The school requires additional work that could total another \$5 million, Hines said; those phases of the project could start as soon as 2021.

The city has already awarded a contract for the asbestos abatement that will take place this year and on-call contractors will be used for demolition, Hines said. The city will go out to bid for the replacement of the boiler room and electrical system this week.

Hines said it was important for the council to approve the funding this month because there is a long lead time to acquire equipment for the boiler room and electrical system.

"If we waited until May or June to have this conversation on the funding and then bid...we certainly would have a very, very difficult time getting the equipment that we need," Hines said.

He added there could be an "absolute crush to get contractors and materials" once stay-at-home advisories related to the coronavi-

rus pandemic are lifted and construction resumes in full throughout the state; Boston, Cambridge and Somerville have all placed moratoriums on construction amid the pandemic.

"The path that we are following gets us out ahead of that...so that we are in front of that queue to get that equipment and get those materials and get that labor force," Hines said.

If the project did not go forward, Hines warned it would be a matter of when, not if, the school's mechanical systems would fail, which could force the build-

ing to close.

Ward 4 Councillor Brian Palmucci said it was important for the council to approve the project, even amid the pandemic, because not doing so could create a future crisis.

"We can't lay down on the job now. We can't be so focused on what's directly in front of us, which is obviously a monumental task with the public health crisis going on...because when we pass through this, which we will, we will only be creating or leaving a future crisis for us," Palmucci said to Hines.

"I don't want to have you

and the superintendent back before us scrambling to come up with an alternative plan because we can't house children at the schools."

At last week's meeting, councillors had introduced a resolution seeking an update on the impact the pandemic

would have on the city's finances. Chris Walker, Koch's chief of staff, said then that presentation could be ready to go as soon as this week.

At Monday's meeting, however, Walker said it

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On Monday, March 30, at approximately 11 a.m., Officers Benvie and Habib were dispatched to a Quincy address for a domestic disturbance. Upon arrival, the officers were flagged down by the victim, who was with a neighbor/witness.

She told the officers that her ex-boyfriend/suspect came to her apartment last night and kept her locked in her bedroom. On this morning she attempted to flee from her apartment by running outside, but the suspect gave chase and pinned her to the ground. He then pushed her head against the ground multiple times while covering her nose and mouth with his hand to prevent her from screaming. She added that her glasses and gold chain were damaged during her struggle to get free from him.

The victim said the suspect fled on foot prior to the arrival of the police. During this time, numerous police units searched the area for the suspect as Officer Benvie interviewed the neighbor who said he witnessed the entire incident and initially thought that they were horse playing when he saw them both interlocked and tugging away from each other. He soon realized that the victim was being assaulted when her head was being slammed to the ground so he ran over shouting, "Get your f@#\$%^& hands off her."

The witness said the suspect got up and began to flee, so the witness took out his cell phone and took a picture of him, which showed him wearing blue jeans and a navy blue t-shirt with white stars and stripes on it. Once the description was given out, Officer Habib radioed that she located a male matching the description in front of the South-West Middle School. Numerous Officers responded and the suspect was immediately placed into handcuffs. The suspect volunteered that he was "just hanging out with her since last night and nothing out of the ordinary occurred between the two of us." Officer Benvie advised the suspect that he was under arrest and had him transported to the station for booking. Officers Benvie and Habib returned to the residence to continue the interview with the victim. She said that her ex-boyfriend repeatedly called her last night but she ignored his phone calls. The victim said she eventually answered the call and he said that he just wanted to leave her gifts and balloons at her front door as it was her birthday.

When she went to her front door, she noticed her peephole was blacked out. She said that she opened the front door, with the door latch in use and saw the balloons. When she opened the door completely, her ex-boyfriend sprang out and forced himself into her residence. As the ex-boyfriend entered, he grabbed the victim's arms which caused bruising and then scratched her face as she was trying to resist and stop him from coming in. He then covered her nose

A Job Well Done

By QUINCY POLICE LT. DAN MINTON

and mouth to prevent her from screaming for help. Once inside, he refused to let her leave and took her cell phone away.

Throughout the night, he kept her in his sight but in the morning, the victim saw that he was sound asleep so she grabbed her cellphone and escaped. Now outside, she called him and told him she wanted him out of her apartment. He agreed and left so she then went back inside. Shortly after, the victim was using her bathroom when her ex-boyfriend



LT. DAN MINTON

snuck back into residence by opening a bedroom window after taking the screen off. When the victim was confronted by him again, he scratched her chest as he fought with her and then locked her in her bedroom. She said she was able to escape again because he needed help shutting one of her sliding doors and let her out of her bedroom to help him push the door shut.

She said she ran toward the street but seconds later he grabbed her and brought her to the ground, which is when her neighbor got involved. The victim said that they dated for about two years back in 2014 and she broke off with him, however "He never got over it." She added she had to move recently because he knew where she was living and continued to harass her. She believed that once she moved to her current location, he was able to find out her new address by following her from her workplace.

Officer Benvie provided and guided the victim with an Emergency 209A packet, which she filled out fully. The on-call judge issued the restraining order which was served to the suspect in his cell.

The suspect, a 25-year-old Boston resident, was charged with kidnapping, assault and battery on an intimate partner, assault and battery with a dangerous weapon (to wit paved ground surface), suffocation, intimidation of a witness (taking of cell phone), stalking and breaking and entering in the daytime to commit a felony.

Nice Work!

REGISTRY OF MOTOR VEHICLES UPDATE: Effective immediately, the RMV has extended all passenger plates/registrations that expired in March and that are due to

expire in April for 60 days.

Customers who have not renewed a registration that expired on March 31, 2020 have been extended until May 31, 2020. Customers who have not renewed a registration that will expire on April 30, 2020 have been extended until June 30, 2020.

A new decal will not be issued until the registration has been renewed.

A Service Center Reservation cannot be made for registration renewals because customers can renew via other channels.

Eligible customers can renew online at Mass.Gov/RMV. Renewals Registrations can still be renewed during the length of the extension either online, by phone, or by mail.

Questions? The RMV has created a webpage for COVID-19 information. Visit <https://www.mass.gov/info-details/rmv-covid-19-information>

CORONAVIRUS SCAMS: Scammers are using illegal robocalls to profit from Coronavirus-related fears. Illegal robocalls are universally hated but scammers do this because it only takes a few people to take the bait for them to make large amounts of money. They might do that by getting your bank account number, tricking you into handing over gift card PIN codes or stealing valuable personal information like your Social Security number. This may also lead to identity fraud.

Times of crisis often bring out the best in people but the worst in scammers. Some scammers pretend to be from the Social Security Administration, offering fake Coronavirus tests to Medicare recipients, and scaring small businesses into buying bogus online listing services. Other scammers claim to be from the federal government attempting to solicit your bank information to direct deposit your government check, only to access your bank account.

If you get calls like this, as always:

Hang up. Don't press any numbers. The recording might say that pressing a number will let you speak to a live operator or remove you from their call list, but it might lead to more robocalls, instead.

Consider using a call blocking app or device. You also can ask your phone provider if it has call-blocking tools. To learn more, go to ftc.gov/calls.

Report the call. Report robocalls at ftc.gov/complaint. The more we hear from you, the more we can help fight scams.

As always, call me directly (Lt. Dan Minton) at 617-745-5719 if you have any questions or concerns. Don't take any action until we can review the situation!

QUINCY POLICE CRIME AWARENESS JOURNAL

Quincy Police Statistics

March 27 - April 3

Calls: 761

Arrests: 4

Stolen Vehicles: 1

FRIDAY, MARCH 27

ASSAULT AND BATTERY, 11 a.m., Germain Ave. Two males argued. Male was hit in face, bleeding. Male reporting person had a past stroke - language barrier. Bit in the hand. Brewster on the way. Reporting person male was in an argument with a boyfriend of female friend/possible roommate issue. Cross complaints.

LARCENY, 12:17 p.m., 380 Granite St. Stole store phone. Property returned.

LARCENY, 3:15 p.m., Speedway, 238 Hancock St. Lottery tickets. Employee stole lottery tickets, advised officer will call.

ASSAULT AND BATTERY, 10:37 p.m., Elm Street. One male holding another down, unknown weapons. Males are outside address. Brewster notified. Drunk parties, one to QMC. A&B report submitted.

SATURDAY, MARCH 28

LARCENY, 2:29 p.m., 38 Broad St. Clothes. Unfounded. Will meet officer outside to report a known party trying to take his clothing. 782 responded, no one on scene called nor approached him. Unfounded.

LARCENY, 4:45 p.m., Washington Street floor one. Reporting person states a family member keeps stealing money out of her house. Party looking for money to buy alcohol. Advised.

BREAKING AND ENTERING/PAST, 6:02 p.m., Quincy Street. See caller person known to her broke into her house yesterday. Today he came again tried getting in was told he cannot come in and pulled out a knife. Party has since left in a motor vehicle. See caller.

SUNDAY, MARCH 29

LARCENY, 12:38 p.m., George Road. Multiple items. Roommate moved out stole silverware set and knife worth over \$100. Advised officer will call her. Incident closed.

No documentation proving ownership of items. Advised of civil matter and will attempt to contact 2nd party in order to retrieve items.

MONDAY, MARCH 30

LARCENY, 12:50 p.m., BJ's, 200 Crown Colony Dr. Past. Will have officer call the reporting party.

TUESDAY, MARCH 31

VANDALISM/PROPERTY (PAST), 1:02 p.m., Gilson Road. Smashed window, motor vehicle. As of now nothing taken; no entry gained.

WEDNESDAY, APRIL 1

BREAKING AND ENTERING/ATTEMPT (DWELLING), 7:47 a.m., Whitwell Street. Meet reporting party back entrance. Suspect didn't get in. RP was advised unit would respond right after roll call. Tried calling party but party hung up on officer. Officer waited for 15 minutes for a call back but never received one.

ASSAULT AND BATTERY (PAST), 7:49 a.m., Bennington Street. Argument, both parties have retreated to their apartments. Argument between two parties. Report submitted on A&B.

VANDALISM/PROPERTY (WASHERS AND DRYERS), 9:03 p.m., Furnace Brook Parkway. All the washers and dryers for the complex had the wires cut off and placed on the machines. Advised an officer will call.

LARCENY (TIRES), 9:53 a.m., 274 Washington St. Caller is not woner was out for a walk. Lug nuts on ground. Tires gone.

VANDALISM/PROPERTY (CAR WINDOW), 9:58 a.m., Madison Avenue. Items thrown through window broke window and damaged car. Unsure of when this incident happened.

LARCENY (TOOLS), 10:32 a.m., 200 Quarry Hills Dr. Cart of tools totaling \$1,500, broke through wall to gain access. Report on larceny submitted.

LARCENY (MULTIPLE DAYS), 1:19 p.m., Walmart, 301 Falls Blvd. Call from LP who has larcenies over a three-day span last week. Unable to make call with LP, message was left to call back. LP called back. Report

to be filed.

LARCENY (PAST), 2:20 p.m., Walmart, 301 Falls Blvd. Serviced. Incident closed.

THURSDAY, APRIL 2

LARCENY/MOTOR VEHICLE, 8:51 a.m., Louisburg Square, 156 Quincy Shore Dr. Last seen at 8 p.m. last night - black Jeep Cherokee. Report to be filed.

LARCENY, 1:08 p.m., South Street. Past. States someone stole vehicles out of his tow yard.

BREAKING AND ENTERING/PAST (DWELLING), 5:23 p.m., Granite Street. Past tenants broke into residence, damage noted. Report to be filed.

If anyone has more information about any of the aforementioned incidents or would like more information, contact Crime Prevention Lieutenant Dan Minton at 617-745-5719

STOLEN MOTOR VEHICLES: 156 Shore Drive.

CAR BREAKS: 130 Granite St., 100 Cove Way, Fifth Avenue, Palmer Street, Bowes Avenue, 2 Hancock St., 156 and 175 Quincy Shore Drive.

BREAKS AND ATTEMPTED BREAKS: Quincy Street.

If you have information on the above crimes, drug activity or any crime, please call the Quincy Police Detective Bureau at 617-745-5764 or log onto the following website: <http://tinyurl.com/ytf6td>.

To report suspicious drug activity, call the Drug Hotline at 617-328-4527. You will not be required to identify yourself, but it could help. To make an appointment to view the Registered Sex Offenders book, call Detective James Dentrement at 617-745-5755.

To contact the Crime Prevention Officer for tips or comments, my direct line is 617-745-5719. My e-mail address is dminton@ci.quincy.ma.us -- Lt. Dan Minton

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On Saturday, April 5, at approximately 10 p.m., Officers Ruggiero, McCormack and Sgt. Lencki were dispatched to a West Quincy address for a reported disorder involving a knife.

Upon arrival, the officers met with the caller who pointed to the apartment in question stating that "He had a knife to her throat." The officers went to the door and announced their presence as Quincy Police officers and demanded anyone inside open the door. No one responded from inside or opened the door and based on the exigency of the circumstances, the decision was made to force open the door.

Officer McCormack breached the door to the apartment using a department issued Halligan tool. Once the door was breached, the officers had a clear view of a male standing in the center of the kitchen holding a towel covered in what appeared to be blood. The officers shouted verbal commands for the male to face away from them and to spread his arms and hands out. The male refused to cooperate however, for a brief moment he let his guard down.

Officer Ruggiero took the opportunity to rush at him and grab control of his right arm while Officer McCormack and Sgt. Lencki grabbed control of his left arm. After a brief struggle, the officers were able to place the male in handcuffs. He was then escorted outside and instructed to sit in the rear of the cruiser but he refused so he was assisted in.

During this time, Officer McCormack located a female in the bathroom who was bleeding from her right arm, so he applied his department issued tourniquet to her. The female said that she was making a grilled cheese sandwich when the male, who has lived with her and her boyfriend for a year, grabbed a steak knife out her hand. She said the male then punched her in the face numerous times but after that, it was unclear what happened next because she became disoriented. She said she didn't remember at what point she was assaulted with the knife.

Brewster Ambulance (X5) arrived on scene and took over care. Officer Ruggiero noted the female had severe swelling in her face and multiple lacerations to her right arm. She was then transported to South Shore Hospital for additional treatment.

The officers then spoke with the caller who said he is in a dating relationship with the female victim and live together in the apartment. He said about a year ago he allowed the male to live with them because he felt bad

A Job Well Done

By QUINCY POLICE LT. DAN MINTON

for him.

On this night he said his girlfriend/victim was making sandwiches when the male grabbed the knife from her hand and started yelling that "She's nothing but trouble" followed by multiple punches to the face. At this time the male turned the knife toward the boyfriend/witness resulting in the witness fleeing the apartment and immediately calling the police. He added the knife was a regular steak knife with a blackish handle.

Officer Ruggiero then read Miranda Rights to the male suspect which he said he understood and waived. When asked what happened, the male said, "I didn't do anything. I was trying to clean her up. She came home like that - she's f@#\$%^& crazy."

At this point the male's demeanor changed to being confrontational and bizarre, asking the officer if he was from America. He was transported to police headquarters to be booked.

Det. Wash arrived on scene to begin processing evidence. Sgt. Lencki located a steak knife behind a couch which appeared to have dried blood on the blade, which Det. Wash bagged. Officer Ruggiero proceeded to South Shore Hospital to interview the victim and take photographs of her injuries. She had five stab wounds to the right arm and possible broken bones in the face. The severity of her injuries would be unknown until the proper testing takes place.

Upon returning to the police station, the male's shoes and shirt were confiscated because they were covered with blood. The victim and the witness/tenant were both given information on restraining orders and options.

The 54-year-old male suspect was charged with armed assault to murder, assault with a dangerous weapon (to wit knife), aggravated assault and battery and knowingly resisting arrest.

Nice Work!



LT. DAN MINTON

SOCIAL SECURITY SCAMS DURING THE CORONAVIRUS

Even as the world suffers through this virus, there are scammers out there creating new angles to gain access to your money and identity.

Scammers in the past have been linked to Social Security, but now, at a time when many people are susceptible to scams, these criminals are ramping up with new approaches. The federal government is promising checks to be either mailed out or direct deposited to many citizens.

As always, be wary of any telephone calls from people claiming to be from Social Security. Please keep these tips in mind:

- **Do not trust caller ID.** Scam calls may show up as the Social Security Administration or from Washington, D.C. Social Security will not call you unless you initiated the contact first either by mail, email or by calling their office.

- **Be aware of the threat from a scammer that your social security number is going to be suspended.** This does not happen.

- **Sometimes the above threat comes with a dual threat that your bank accounts are going to be suspended or seized.** This too is a scam.

Social Security will never call demanding that you wire money, send cash, or put money on gift cards. No city, state or federal agency will conduct business in this manner. It is definitely a scam.

As always, never verify your Social Security number or any personal information to anyone who calls you first. Social Security already has your number and information. As an added step to protect yourself, ask the caller what your date of birth is and the last four numbers of your social security number. This is just an added step and no guarantee that it is social security that is calling.

When in doubt, hang up and call Social Security directly to see if they are looking to talk to you.

If you already gave personal information to a caller, visit IdentityTheft.gov/SSA to determine what steps you can take to protect your credit and identity.

If you even have a concern that you may have been scammed, contact a knowledgeable friend or family member to review the incident. As always, feel free to contact me (Lt. Dan Minton) at 617-745-5719.

QUINCY POLICE CRIME AWARENESS JOURNAL

Quincy Police Statistics

April 4 - April 8

Calls: 812

Arrests: 6

Stolen Vehicles: None

SATURDAY, APRIL 4

BREAKING AND ENTERING/PROGRESS (DWELLING), 2:14 p.m., Alrick Road. Tenant is away; neighbor noticed activity in apartment. Landlord is reporting party and he went to open door to check and chain is on, so he believes someone is still inside. Landlord confirmed with tenant that no one should be there. Wanted for questioning acting suspicious in area, last seen heading towards Adams Street. White male, 30's, black shoulder length hair, jacket, multi-colored hat, carrying a tan back pack. Given to all cars.

VANDALISM/PROPERTY (GRAFFITI), 3:31 p.m., Ricciuti Drive. Gone on arrival. Three trailers at the first gate; two white females one blonde one wearing a dark hoodie. Reporting party owns trailers said the two females saw him headed towards the parking lot. No identifiable tags; suspects gone on arrival.

ASSAULT AND BATTERY (FIGHT), 9:38 p.m., 318 Hancock St. Report filed.

LARCENY (PACKAGE), 11:08 p.m., 433 Furnace Brook Parkway. Tracking number says it was delivered today, but he never received it. Report filed

SUNDAY, APRIL 5

BREAKING AND ENTERING/PAST (FRONT DOOR), 2:53 p.m., Newbury Avenue. Possible friend took key from reporting party's son recently. Neighbor saw male enter house, now took bowls and plates out

of kitchen, and shoes. Reporting party was not home today. Reporting person is at address ow out front. Report filed.

LARCENY (WALLET), 2:57 p.m., Family Dollar, 1445 Hancock St. Male wearing camo, female wearing black jacket stole someone's wallet. All parties including victim are in the store still. Report filed, larceny from a building.

MONDAY, APRIL 6

LARCENY (PACKAGES), 4:43 p.m., 433 Furnace Brook Parkway. Caller reported a package stolen on Saturday but now wants to wish a second package stolen on Saturday and one package today.

TUESDAY, APRIL 7

LARCENY (MALE FEMALE OPENING BAGS), 12:56 p.m., Presidents Plaza, 215 Quincy Ave. In the bind taking stuff out of bags into a car donation bin. All clothing returned to bins.

BREAKING AND ENTERING/PAST (DWELLING), 1:11 p.m., 333 Ricciuti Dr. Believes maintenance is accessing her unit and taking valuables. She believes it occurred twice within last month, most recently with past couple days. Jewelry and approximately \$2,000 missing.

LARCENY (PACKAGE), 3:19 p.m., 109 Curtis Ave. Confirmation says medication was delivered on Friday but has yet to arrive.

LARCENY (CELL PHONE), 7:56 p.m., Pond Street Playground, 50 Pond St. Meds and clothes were stolen from the playground. Caller is at CVS.

WEDNESDAY, APRIL 8

LARCENY (SHIRT), 2:33 p.m., Fensmere Avenue. Family member took over \$1,000 worth of

sports autographed shirts. Reporting person is unsure of which jerseys were taken; she will call back when she determines the specifics.

BREAKING AND ENTERING/PAST (STORAGE UNIT), 5:11 p.m., 1027 Southern Artery. Caller said someone broke into his storage unit and stole some items.

BREAKING AND ENTERING/PROGRESS (DWELLING), 10:23 p.m., Cross Street. Arrest made for burglary. Property secured.

If anyone has more information about any of the aforementioned incidents or would like more information, contact Crime Prevention Lieutenant Dan Minton at 617 745 5719

STOLEN MOTOR VEHICLES: None.

CAR BREAKS: 76 Franklin St., 2 Hancock St., Ricciuti Drive, 56 Centre St., 604 Washington St.

If you have information on the above crimes, drug activity or any crime, please call the **Quincy Police Detective Bureau at 617-745-5764** or log onto the following website: <http://tinyurl.com/ytf6td>.

To report suspicious drug activity, call the **Drug Hotline at 617-328-4527**. You will not be required to identify yourself, but it could help. To make an appointment to view the **Registered Sex Offenders** book, call **Detective James Dentrement at 617-745-5755**.

To contact the **Crime Prevention Officer** for tips or comments, my direct line is **617-745-5719**. My e-mail address is dminton@ci.quincy.ma.us -- Lt. Dan Minton

500 Baskets Distributed To Interfaith Food Pantry Clients

A bright spot in the current climate of uncertainty, a group of volunteers gathered March 7 at Interfaith Social Services to bring a bit of joy to local families in need. The group assembled

nearly 500 Bunny Baskets that were distributed to the children of Interfaith's food pantry clients.

At the annual volunteer event (held prior to the stay-at-home advisory), two

dozen volunteers assembled colorful Spring baskets containing chocolate bunnies, small toys and plastic eggs stuffed with goodies. The

baskets brighten the lives of children who may be living in difficult circumstances.

"Our Bunny Basket program is well received every

year, by families of all religions," said Interfaith Social Services' executive director Rick Doane. "I think this year, given the events and

unpredictability in everyone's households, being able to provide a special treat for them is especially impor-

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JAYDEN AND LEANNE SITU, of Quincy, stuff candy into plastic eggs. Quincy's Cub Scout Pack 42 Tigers (first graders) filled hundreds of plastic eggs for their den service project, which they then donated to Interfaith Social Services' Bunny Basket project. This activity was held in early March before the COVID-19 pandemic and stay-at-home advisory.

Photos Courtesy Interfaith Social Services

PAID ADVERTISEMENT



QUINCY'S CUB SCOUT Pack 42 Tigers (first graders) filled hundreds of plastic eggs for their den service project, which they then donated to Interfaith Social Services' Bunny Basket project. (Left to right) Forrest Sammons, Grady Moores, Dakota Jacobs, Ha-My Nguyen, John Poles, Jayden Situ, Matteo Ballestas, Matthew Chamberlain, Jayden Li and Jordon Li. This activity was held in early March before the COVID-19 pandemic and stay-at-home advisory.

PAID ADVERTISEMENT

A MESSAGE FROM WARD 6 COUNCILLOR, WILLIAM P. HARRIS



My Dear Quincy Residents, My Friends,

During this unprecedented and uncertain time, I want to let you know that we truly are in this together and I am here for you all.

My heart goes out to all individuals who are out of work and my condolences to all the families who have been directly impacted by losing a loved one to COVID-19. For those who are sick, my thoughts are with you for a speedy and full recovery.

I also want to thank our people on the front lines of this pandemic. To all first responders, medical personnel, doctors, and nurses, thank you for all that you are doing to aid our sick and help put an end to this virus. To our essential workers in the stores and restaurants that remain open and our delivery personnel bringing packages, mail, food, and medical supplies, thank you for keeping our daily lives going.

Our great city has set up resources for you during this time. Below are the numbers for Quincy's COVID-19 Informational Hotline and the Office of Constituent Services. If anyone would like to reach out to me personally, I welcome your phone calls and emails. I know it has been hard not going about "business as usual" but we are all playing an important role by coming together by staying apart. We will get through this. Brighter days are on the horizon.

Stay home, stay safe, and be well.

Warmly,

William P. Harris

Your Ward 6 Councillor, Bill Harris

617-376-1356

WHarris@quincyma.gov

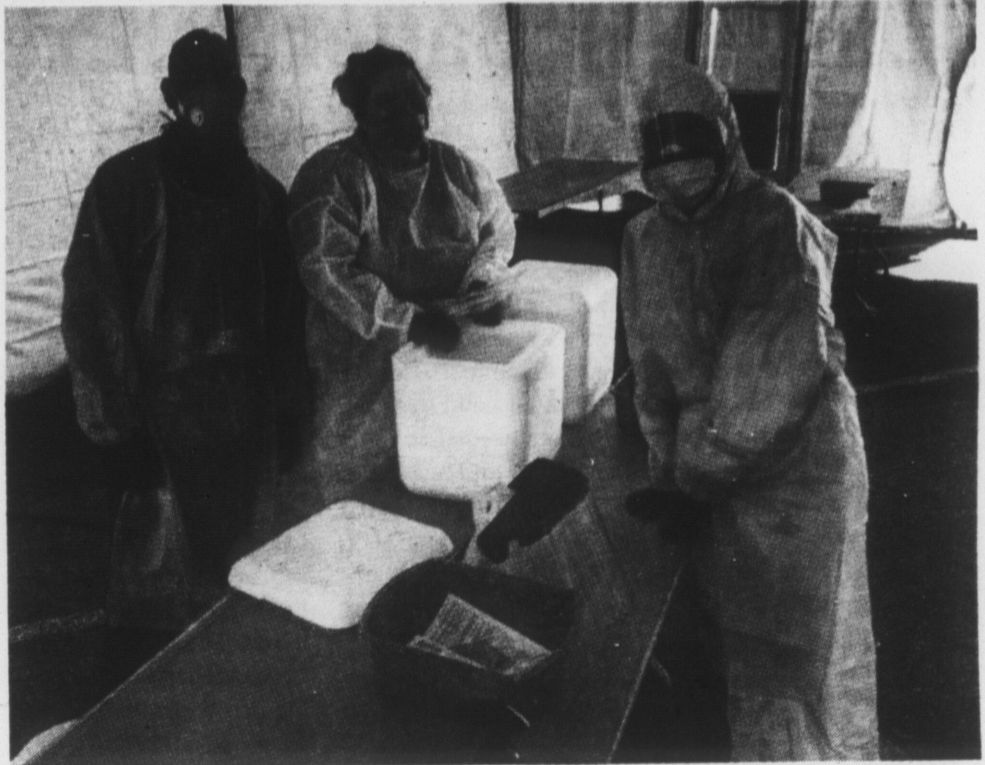
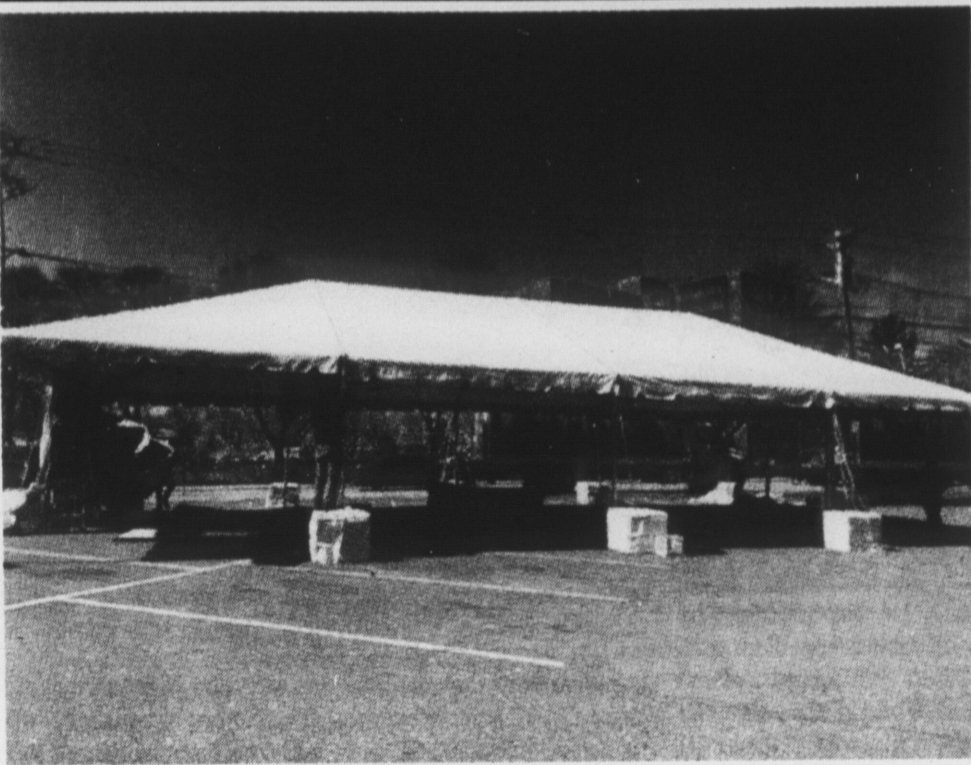
CITY OF QUINCY COVID-19 INFORMATIONAL HOTLINE 617-376-1288

OFFICE OF CONSTITUENT SERVICES 617-376-1500

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THE NEWLY ERECTED COVID-19 Drive-through Testing Tent (left) at Manet Community Health Center's North Quincy site opened last week. Staff (right) getting ready for the opening.

Manet Health Opens COVID-19 Drive-Thru Testing Tent

Manet Community Health Center has begun offering drive-through testing for Coronavirus Disease 2019 (COVID-19) at its North Quincy site, 110 West Squantum St.

The 30-foot by 60-foot tents, erected in the parking lot with assistance and support from the City of Quincy, will serve as an urgent care center and enable the health center to more efficiently screen and test patients with suspected exposure or symptoms of COVID-19 or other respiratory ailments while further protecting other patients and

staff.

The site serves patients by appointment only.

"Manet has been on the front lines since the outbreak began as one of the only health care providers in Quincy offering testing and helping to alleviate unnecessary burdens on the Emergency Departments of our local acute care hospitals. We transformed our first floor to safely isolate and accommodate patients who required evaluation and testing for COVID-19," said Cynthia Sierra, Manet's chief executive officer, noting that Manet has so far

tested more than 300 patients. "By moving the urgent response clinic outside, we can offer an even more contained experience."

Manet has been responding nimbly to the quickly changing COVID-19 pandemic since early March, mobilizing a team – led by Chief Medical Officer Lily Yung, MD, infectious disease specialist Karla Tallado, MD, and occupational health specialist Justin Yang, MD, MPH, and other key clinical and administrative staff – to ensure the health and safety of all pa-

tients and staff. The team put into place several plans and procedures that has enabled the health center to remain operational during the public health emergency, including:

- temporarily closing its Vision Center and utilizing the first-floor clinic as an urgent visit clinic to evaluate and test potential COVID-19 patients, reducing the risk of exposure for patients being seen for routine visits on the second floor

- instituting stringent screening of all patients and everyone entering health

center, including masking and temperature checks

- practicing enhanced cleaning and sanitizing procedures at all sites

- offering telehealth visits (video and telephonic) for patients unable or reluctant to come to the health center

- strictly enforcing "social distancing" within sites and reducing the number of staff working on-site to only essential clinical and operational staff, and

- communicating continuously with patients and staff to alleviate anxiety and misinformation.

"We are proud to serve our patients across five sites and two broad service areas, and we are fortunate to work with our dedicated local health departments, clinical partners and health center colleagues to ensure that our patients – some of whom are among the most vulnerable – receive the care and attention the need and deserve," Sierra said. "We are very grateful for the support and partnership of our federal, state and local delegations and municipalities as we continue to find ways to serve all who need care."

Quincy College To Offer New 5-Week Online Classes, Summer Online

In response to COVID-19, Quincy College, which took its Spring 2020 Semester fully remote on March 30th, will now offer new five-week online classes starting April 19th, along with its summer coursework fully online.

In addition, students from across the United States can earn college credit and receive a Quincy College education outside of Massachusetts. Quincy College online classes and online degree programs are now available for students to enroll in 49 states, Puerto Rico, District of Columbia, and U.S. Virgin Islands.

"As a trusted community educator, Quincy College is uniquely positioned to support our current student population transition to remote learning while also expanding access to an affordable high caliber online education for students of all ages," said Quincy College President Daniel Asquino. "As an NC-SARA institution, students across the United States have the opportunity to benefit from Quincy College's fully online degree programs, classes, and new five week class options."

Quincy College is offering introductory level classes online with classes starting on April 19 and

run through May 23 with discounted rates for high school students. The five week classes that are offered fully online taught by Quincy College faculty are: Accounting, College Algebra, English Composition I, General Psychology, General Sociology, Interpersonal Communication, Introduction to Business,

Introduction to Computers, and United States History I.

Quincy College online education has been approved by the Commonwealth of Massachusetts to participate in the National Council for State Authorization Reciprocity Agreements (NC-SARA). NC-SARA is a voluntary, regional approach to state oversight of

post-secondary distance education. Quincy College is also a member of the nationally acclaimed Quality Matters (QM) program. Quality Matters is a highly regarded program that encourages and recognizes quality online course design. Courses are internally and externally peer-reviewed based on the QM rubric.

In addition to the development of unique course formats, expanded course offerings, Quincy College has hired Dr. Lisa Desruisseaux to serve as director of Online Learning. Dr. Desruisseaux oversees the college's efforts to create and enhance quality online courses and programs. Throughout her 30 years in

K-12 and higher education, she has worked as a classroom teacher, traditional and online higher educational faculty, administrator, professional consultant and instructional designer. She holds current certifications as a K-12 educator, principal, curriculum director,

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THANK YOU, HEROES

We continue to be proud of the efforts of all essential workers who are working on the front lines of the pandemic, selflessly sacrificing their safety in the service of others, supporting our communities to improve our daily lives.

YOU ARE:

BRAVE ■ SELFLESS ■ VALUED
APPRECIATED ■ HEROES

QUINCY COLLEGE

Lug Nuts, Batteries, Premium Gas, Tire Inflation

Ask John Paul: AAA New England's Car Doctor

I am considering purchasing a 2016 or 2017 BMW X1 and I'm looking at cars with less than 40,000 miles on them. I have been attempting to research the vehicle and what I have seen makes me question my decision. The reviews, for the most part, are not very positive regarding cost of overall vehicle upkeep/mechanical issues. I have had 3 Ford Escapes (all purchased new) over the years and for the most part all I have needed to do is regular oil changes, change wiper blades and new tires. This will likely be my last vehicle purchase and I wanted to treat myself to something nice. I would like an SUV, on the small side with some style. Your opinion is appreciated and will help me make this purchase with my eyes wide open.

If you were to buy a used BMW X1 the 2017 would be the year to buy, it certainly looks to be the year that has the best dependability. It has been my experience, that as good as BMWs are to drive, once they get five or more years old reliability and repair costs can be an issue. Personally, if I were looking for a used compact luxury SUV, I would look at the Lexus NX. It handles well and nicely appointed and has very good reliability. The 2018 Acura RDX is a good choice as well.

We purchased a 2017 Honda CRV-Touring model. Within a few months the car would not start and needed to be jumped. Twice they replaced the battery. I got no answers of what was wrong, other than being told the car needed to be driven more often. After it happened again, we traded it in for a 2018 CRV, the same Touring model and guess what, the same problem happens. The battery has been replaced once but jumped three times. This is very frustrating. In one of your columns you mentioned other models that have had similar issues. My wife wants to get a new car, but we want to know which other cars have a similar issue. She's looking at the Toyota RAV4 and a Mazda, among others. Can you tell us the other models to avoid?

This is an issue we are seeing more and more often. Recently I was looking at a two-year old car that had 18 separate computers. All these computers use some electricity when the engine is off. Driving short distances only a few times a week, effectively takes more electricity out of the battery than you are putting back in during normal driving/recharging. So far, from what I am hearing the Toyota RAV4, Mazda CX-3 and Hyundai Tucson have been trouble free. Although, specifically with your vehicles it really can be a function of how often and how far the vehicle is driven. A solution may be having a repair shop wire in a solar-battery charger. You could leave the solar panel on the dash and the electricity generated by the sun may help maintain the battery charge.

I have a 2012 Ford F-150 pick-up truck and I was looking at the rear tires and they are worn very unevenly. They are sort of cupped and sound like snow tires at 40 miles per hour. The truck has been great and I haven't really had to repair or replace any parts. I want to buy new tires but what caused the uneven wear?

Cupping or scalloping wear with tires is typically caused by a combination of poor tire balance and worn shock absorbers. At eight years old, if the shocks are original, it would be money well spent to replace both the front and rear shocks.

I have a new 2019 Honda Fit EX CVT with Honda Sensing which activates on and off for no apparent reason and it is a bit startling when it happens. I have turned off all the sensing items relating to lane change and off-road mitigation because my roads have virtually no lane markers and it still activated for no reason. I have kept collision avoidance system on, but that also activates sometimes for no apparent reason. I had the dealer look at it, but it continues. What do you think?

The system uses the front camera for all these systems and perhaps an issue with the camera. I looked for technical service bulletins and found none that would relate to this issue. Interestingly Honda did issue a technical service bulletin about electrical mysteries. The bulletin suggested when all else fails, disconnect the battery and connect the positive and negative cables together for a few minutes. Like a home computer this clears the cache/memory and could solve the problem.

My son purchased a 2014 Ford Fusion one year ago. We went in for the 30,000-mile service only to find out that the car had 11 swollen lug-nuts on the wheels. I had never heard of any such thing, so I googled swollen lug-nuts only to find that there is a huge class action suit in progress. I called the Ford garage and got the service manager and explained that I had discovered this, but he

said I would still need to pay. He also said that he could only put Ford lug-nuts on when I requested a regular lug but be put on instead. He refused and I wound up paying for lug-nuts that could potentially strand us with a flat tire because the lug nuts are really tough to take off. I am the co-signer on the loan. My son is only 24 years old, so I have to be certain that he is not taken advantage of and isn't driving a vehicle that is not safe. What can we do about this?

This is a common problem with various vehicle manufacturers when the lug-nut uses a chrome or aluminum trim cap. Water builds up under the cap and the rust swells the lug-nut making it difficult to remove. I'm have no idea why the dealer told you he could only install the same Ford part. A quick check online and I found 20 solid chrome plated lug-nuts that would fit your car for \$20, an inexpensive and simple solution.

Is there a recall on my 2014 Jeep Grand Cherokee?

There are two easy methods to check to see if your vehicle has been recalled: Call your local Jeep dealer and they can check if there are open (non-repaired) recalls. The second is to go to www.nhtsa.gov/recalls and enter in your vehicle's 17-digit vehicle identification number. Once entered any applicable recall will be listed.

My daughter has a Subaru Outback 2008 and she just informed me that the airbag was recalled, and she's never fixed it because she doesn't have the money. My questions are: Does she have to pay for a recall like that? How does she go about having it fixed?

The recall on the airbag will be performed at no-charge. The majority of recalls are performed at no-charge for the life of the vehicle. All she needs to do is call her local Subaru dealer and let them know she was notified about an airbag recall. The dealer will order the necessary parts and set up an appointment to have the recall performed.

I bought my gorgeous 2017 Honda Accord pre-owned. It is a great car and it is closing in on 30,000 miles. I called four different Honda dealers and got four different answers on what needs to be performed at 30,000 miles. My question is: what needs to be repaired at 30,000 miles?

Honda cars are quite interesting since the car actually tells you what work needs to be performed. A display will come up on the instrument panel with a wrench icon. If there is a code "A" it is time for an oil change. If there is a "B" the oil needs changing; the brakes, steering and suspension components need inspection. In addition, there are maintenance-sub-items, a code 1 rotate the tires, code 2 replace the engine air and cabin filter. Some dealers and repair shops have developed their own maintenance schedules based on mileage which can add to the confusion.

My 2013 Honda CR-V runs rough between 20-25 mph. I'm not sure if it is an engine or drivetrain issue. I've had a couple of mechanics look at it, but they can't seem to figure it out. I would like to get one more year out of the vehicle without putting too much money in to it.

If the typical drivability issues have been addressed, the problem is most likely related to the transmission torque converter. The repair requires replacing the torque converter, flushing the fluid and updating the computer. The repair is not covered by any warranty. If it were my vehicle and I was only going to keep it another 12 months, I would just put up with the vibration.

Update: A reader has reminded me that Honda extended the warranty (not a recall) on certain CRVs to 8 years or 80,000 miles for transmission torque converter issues. Thanks for the reminder.

I love the Volvo XC 40. I know Volvo is soon coming out with an all-electric version but I'm more interested in a hybrid for my next purchase. There is (or will be) an XC40 hybrid in Europe. Does Volvo have any plans to sell the hybrid in the U.S.?

A hybrid can be a nice compromise between a conventional engine and a pure electric vehicle. I did find a news release on the media website for Volvo that confirms there will be a hybrid XC40. Here is an excerpt from the site: "Volvo Cars is significantly expanding the number of its 48-volt mild-hybrid powertrain options, making these engine options available on every single Volvo model." A mild hybrid is more of a helper motor, rather than a true electric motor running in conjunction with gasoline engine. According to Volvo a mild hybrid will save about 15 percent of overall fuel costs over a conventional internal combustion engine.

I have a 2014 Toyota RAV4. The battery is the original and I have been told I'm due for a new battery. What battery do you recommend?

A. When shopping for a battery there are a couple of



JOHN PAUL
AAA's Car Doctor

key factors to look at. Batteries are rated in cold cranking amperes and reserve capacity. The battery in your RAV4 is listed as having 380 CCA, so you would want a battery that has at least that capacity. The other piece of the puzzle is warranty; if you are keeping the car for several more years you want a robust warranty. As an example, the AAA battery that fits your RAV4 has a rating of 650 CCA and can be installed at your home for \$160 and has a six-year total warranty, with three years of free replacement.

Recently I purchased a 2017 Lexus NX200t. The owner's manual calls for premium gas. Online I read that regular gas can be used occasionally. Another site said that regular gas could be used all the time, although you would lose some power and gas mileage with regular gas. The engine would not be hurt because the car's computer would compensate for the type of gas. What do you think?

Generally, vehicle manufacturers, will state that their engine are designed to run on regular or premium fuel. When premium fuel is used the manufacturer will either recommend premium or require premium fuel. Lexus is a bit vague on this; this is from the vehicle's owner's manual. "You must only use unleaded gasoline in your vehicle. Select premium unleaded gasoline with an octane rating of 91 or higher required for optimum engine performance and fuel economy. If the octane rating is less than 91, damage to the engine may occur and may void the vehicle warranty". This makes it sound as if you must use premium fuel, but then they go on to say, at minimum, the gasoline you use should meet the specifications of ASTM D4814 in the U.S.A. This last statement adds a bit more latitude. If this were my car, I would use premium and enjoy the extra performance and fuel economy.

I often rent cars when on trips and have noticed that the tires are always severely overinflated: up to 60 PSI in some cases. I imagine the rental companies do this to save tire wear, but is this a safety issue? Should I travel with a tire gauge or just wait for an accident and a nice legal settlement?

I suspect that the tire inflation has nothing to do with tire wear but more just to eliminate comebacks with tire pressure warning lights. Personally, I do travel with a tire gauge and have been known to check rental car tires.

My husband who is a few years away from retirement has expressed an interest in the 2020 Jaguar F-Pace SUV and the 2020 Genesis G90 sedan. After we researched both, we were disappointed in our findings. The Jaguar is not highly rated according to a major consumer magazine and in fact, it has a recall on it. The Genesis while beautiful, with a starting MSRP of \$72,200, is more than we are willing to spend on a luxury vehicle. So, we are turning to you once again, for your opinion and expertise. After some debating and considering our lifestyle, what we are looking for is an SUV that encompasses comfort, a sporty style, reliability, good MPG, a great infotainment system and will hold its value. All are very important to us, as we gather information to assist in a springtime purchase.

In that category the Acura MDX and Lexus RX in my opinion are the answer to all of your questions. The Acura MDX is comfortable, loaded with technology, somewhat sporty and historically quite reliable. The Lexus RX (there is also a hybrid model) has a comfortable quiet ride, upscale interior and with hybrid option returns very-good fuel economy. Two other vehicles worth looking at but don't quite "tick" all of your boxes are: the Mercedes Benz GLE and the Audi Q7. The Audi Q7 has a great interior and upscale style (I have not road tested it yet). The Mercedes GLE was delightful to drive and luxurious throughout. Of these four vehicles, my choice would be the RX 450h-hybrid.

In a recent column a reader asked about buying a new Honda FIT and stated that their tires were losing air

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Ask John Paul: AAA New England's Car Doctor

Cont'd From Page 14

every month. A friend of mine recently bought a Honda and had the same problem. They took the car to the dealer several times without success. Finally, they discovered the manufacturing plant left the stickers on the rims and it was causing a small leak in all four tires.

Thanks for the tip. This is the first time that I have heard of this type of problem. Although I would have thought that a good tire technician would have been able to spot this type of rim leak by submerging the tire in a "dunk-tank" and looking for tiny air bubbles.

We always enjoy listening to your broadcasts and reading your advice columns. We are hoping you may have some advice on our 2010 Toyota Corolla LE. The car has only 30,000 miles on it, was purchased from a family member who drove it only around town. When the car is in drive and at a complete stop, the car has a tendency to slightly lurch forward. At that time the tachometer will drop approximately 200 RPM and increase 400 RPM and return to idle RPM. The car has always received scheduled maintenance, including any recall notices. Recently, the car now has occasionally begun to lurch when in motion between 10-40 MPH. The lurching tends to occur more frequently when defrost setting is indicated. The fan does not necessarily have to be on. Our trusted mechanic of many years believes the A/C compressor may be the cause, but he isn't totally convinced of that. Both he and I have agreed to hold off any repairs until this problem occurs more consistently and the actual cause can be determined. Any and all thoughts are welcome.

First, I agree with your repair shop and it may be best to wait until the issue becomes more repeatable, to avoid unnecessary repairs. Once normal maintenance is ruled out—the issue could be as simple as the beginning of a sparkplug misfiring. A good technician will also look at scan tool data.

Quincy Point Congregational

Virtual worship at Quincy Point Congregational Church begins at 10 a.m. on Sunday, April 19 the second Sunday of Easter with Rev. Kimberly Murphy.

Each week has special music by some of our section leaders, our Director of Music, Jeanne Lucas and Jonathan Roberts as accompanist.

There are multiple ways to watch weekly worship. Online you can go to Facebook or YouTube and search for Quincy Point Congregational Church. You can also visit our worship link at www.quincypointcong.org.

On your TV, if you have Xfinity or a smart TV, you can find us too. Simply press your voice remote and

say, "Quincy Point Congregational Church on YouTube."

Worship is also broadcast on Wednesdays at 6 p.m. on Quincy Access TV- Channel 8. Log in or tune in, watch, listen and sing along.

The Church Office will remain open, Monday through Friday from 9 a.m. to 2 p.m. Call or email us if you have any concerns or questions.

Rev. Kim would like to thank you for your patience, good humor, faithfulness, and understanding as we together journey through these unprecedented times. Please take care of one another and yourselves until we can, once again, gather together in worship.

How to Avoid Coronavirus Scams

Cont'd From Page 4

• **Avoid any "miracle" cures.** Some scammers have been advertising miraculous cures and secret government vaccines. The claims are false as there are no U.S. Food and Drug Administration-approved vaccines or drugs to prevent coronavirus, and no approved vaccines, drugs, or products specifically for curing coronavirus available for purchase online or in stores.

• **Watch out for employment and unemployment scams.** If you are looking for work and find an online job offer that sounds too good to be true, beware. Con artists use job offers to steal your identity or banking information, or complete complex tasks for free as a trial. In addition, if you find yourself unemployed, only apply for unemployment benefits through official channels, otherwise, your personal information will be at risk.

• **Research before you donate.** If you feel compelled to support a coronavirus related cause with a financial donation, make sure the charity is legitimate. Check with Give.org to verify the trustworthiness of the soliciting charity.

• **Be alert to stimulus payment scams.** According to official sources, payments are expected to be issued automatically, with no action required from most people. No one will call, email or text you from the government about your check, and you should never pay any fees to receive your stimulus payment. Nor should you receive a message on how to find out the status of your stimulus payment. To get the latest updates on economic impact payments, check the official irs.gov website regularly.

If everything checks out okay, I suspect the issue may be a problem with the engine throttle-body. The throttle-body controls the amount of air the enters the engine. When the throttle-body malfunctions the engine can surge, stall and even race a bit.

Last year for Christmas my husband purchased a remote starter kit for my car. I never had it installed. Recently we were looking at one-year old used cars and mentioned that we wanted to install the car starter. The dealer told us that we would need to put only a Toyota brand starter in or risk voiding the warranty. Is this true?

No, as long as the remote starter kit is installed properly, it will not void the factory warranty. In fact, you are protected by the Magnuson-Moss Warranty Act of 1975, essentially any product with a warranty must comply with this consumer protection law.

I was looking at motor oil recently and I keep seeing this label Dexos and Dexos-2. I read it is for GM cars. Is this Dexos specified oil any better than non-Dexos oil? Can Dexos oil used in non-GM cars as well?

I believe in using the oil that is recommended by the vehicle manufacturer. General Motors requires Dexos oil because they believe it has enhanced lubrication capabilities. In addition, it was specified to help with fuel economy and vehicle emissions. Dexos engine oil is designed by General Motors engineers and is intended specifically for their engines.

I have a 2014 Honda Accord with 33,000 miles on it and a new battery. However, I constantly receive a message from my HUM that my battery is low. Especially if

I do not drive it for one or two days. Is this normal? Usually it is saying the battery is at 11.8 volts. Is this normal?

Typically, the battery voltage reading of a 12-volt battery is about 12.6 volts. Seeing a voltage reading less than 12 volts indicates the battery is slightly discharged. Although I would want to test the battery voltage directly at the battery not through the diagnostic connector. The diagnostic connector that your Verizon HUM connects to was never designed for constant monitoring but rather scan-tool diagnosis. Recently I heard from two readers who used the HUM product and it caused drivability issues and false warning lights.

After a life of hard work, I can finally afford a luxury car. I have been looking at the BMW 7-Series, Mercedes Benz S-Class and well as the Maserati Gran Turismo. Because this is truly a splurge, I'm having a little trouble spending this kind of money. These cars range in price from \$90,000 up to \$150,000. I was thinking of buying used but my wife said at my age I should buy what I want and stop being cheap. One car that I recently looked at, although haven't driven, is the Genesis G90. What do you think?

Congratulations on being in the position to purchase such wonderful vehicles. You can't go wrong with any of these cars. Regarding the Genesis, I recently spent a few days in the G90 and I would put it in the same class as any of these cars except the Maserati which is in a class of its own. The G90 performed extremely well, was very quiet and had a well thought out cabin, without overly complicated controls. I would rate the Genesis as true competitor with the BMW and Mercedes Benz.

Quincy College To Offer New Online Classes

Cont'd From Page 13

Quality Matters Peer Reviewer and Critical Friends Coach.

Dr. Desruisseaux holds a Doctorate of Education, Educational Leadership from Southern New Hamp-

shire University; a Masters of Education in Educational Supervision and Administration from the University of New Hampshire; and a Masters of Education in Curriculum, Instruction and Assessment from Notre

Dame College, Manchester, NH.

Interested students are asked to contact Quincy College Admissions at admissions@quincycollege.edu or visit: <https://info.quincycollege.edu/>

april2020/ to register to register for the five week classes starting this April.

To learn more about Quincy College's online programs, courses, and support for online students, visit: quincycollege.edu/online.



Downtown Construction Activities

Proposed work activities for the week of April 12th, 2020



- The outbound lane of Dennis Ryan Parkway will be closed for reconstruction of the roadway and sidewalk in this area. Once completed the work will flip over to the inbound side. Follow the detour signs to navigate around the construction zone.
- There will be borings taking in the north end of the Ross Lot and surrounding areas outside of the lot this week. If you are parking in the Ross Lot please park toward the middle or south end.
- Irrigation sleeves will be installed in two locations in Revere Road between Dennis Ryan Parkway and Mechanic Street in the outbound lanes heading toward Hancock Street. Plantings will be installed in the island in Revere Road between Dennis Ryan Parkway and Mechanic Street as well.
- There will be a cement pour at the corner of Cottage Avenue and Hancock Street by Alba's. Once the sidewalk is done the remaining streetlights will be installed with a brick accent strip. Paving of Cottage Avenue will take place later in the season.
- Utility work continues at the General's Bridge project along with the abatement of the old Commonwealth/Revel building on Parkway.

(The photo on the above left is a view of the sidewalk on Cottage Avenue next to Alba's with the end of construction on this street finally in site. The photo on the above right is a view of the new civic plaza as seen from the side entrance of the new City garage on the backside of the Nova Residence building).

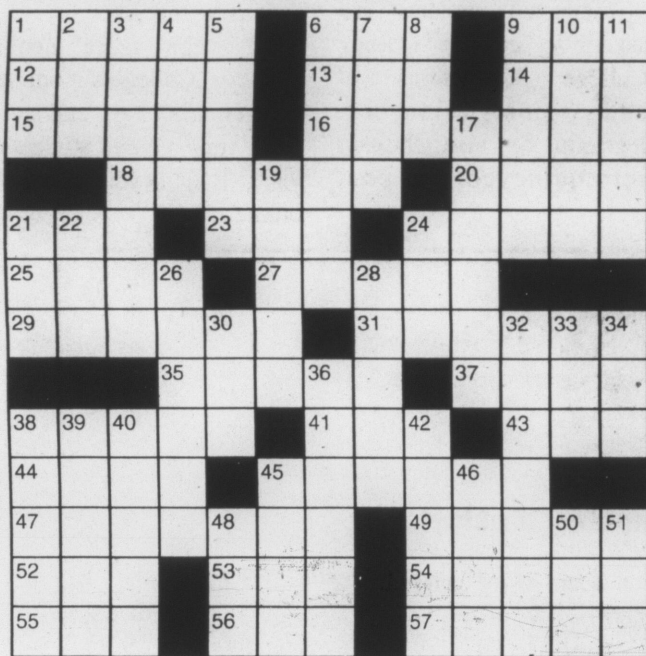
<https://www.quincyma.gov/mycity/> or follow @CityofQuincy on Twitter.

Contact Pat McCarthy for construction question's at: 781-264-4646 or email at: pmccarthy@woodardcurran.com

SUN FUN PAGES

King Crossword

- ACROSS**
- 1 Pythias' pal
 - 6 Try the tea
 - 9 Cleveland cager
 - 12 Memorable mission
 - 13 "— Little Teapot"
 - 14 Blackbird
 - 15 Make obscure
 - 16 "Material Girl" singer
 - 18 Bold alternative
 - 20 Check
 - 21 Dogtag wearers
 - 23 — good deed
 - 24 Founded (on)
 - 25 Love god
 - 27 Ill-suited
 - 29 Praying bug
 - 31 Tiny
 - 35 Vote for
 - 37 Prego rival
 - 38 Start a rally
 - 41 Moon vehicle acronym
 - 43 — Perignon
 - 44 Shaving cream additive
 - 45 Cut aid
 - 47 Insanity
 - 49 Free of frost
 - 52 Inseparable
 - 53 Bullring bravo
 - 54 Beetle Bailey's bully
 - 55 Commotion
 - 56 Trawler need
 - 57 Hiker's route
 - 21 Prized possession
 - 22 A Gershwin brother
 - 24 Morsel
 - 26 Spielberg or Soderbergh
 - 28 In the cards
 - 30 — de-France
 - 32 Fortified Portuguese wine
 - 33 "But — on forever": Tennyson
 - 34 Summa — laude
 - 36 Storage area
 - 38 Pago Pago's place
 - 39 Savanna grazer
 - 40 Wild West show
 - 42 Interior dies
 - 45 Capri, e.g.
 - 46 Approach
 - 48 A billion years
 - 50 Movie trickery (Abbr.)
 - 51 Wet wriggler



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MAGIC MAZE • THOMAS JEFFERSON

O J R Y H E C Z X U S Q N L J
N G R O E C Z X V Y T R P N L
R A J E T S H R T E T C A R Y
M O M W K A E I R V N D T O R
P N H S H N L V L E E K I N E
G E C T E A I S A S D B Z R C
X W R D U T U H I L I N S E N
R A R Q P A A G T G S O U V A
M A E M (M O N T I C E L L O R)
G L J I G E E D S B R L A G F
Y X W U R E Y W A L P T S Q P

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
Unlisted clue hint: College of William and —

Author	France	Legislator	Slaves
Designer	Gardener	Martha	Statesman
Equality	Governor	Monticello	Thinker
Founder	Lawyer	President	

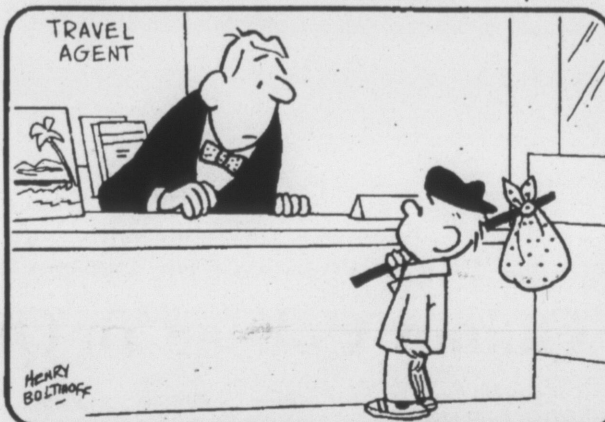
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HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Tie is different. 2. Plane is missing. 3. Ship is missing. 4. Window is added. 5. Hobo stick is different. 6. Word changed to "agent".

Trivia test by Fifi Rodriguez

1. **ACRONYMS:** What does the ZIP postal code stand for?
2. **GEOGRAPHY:** What is the longest river in the United States?
3. **GENERAL KNOWLEDGE:** What was Walt Disney's middle name?
4. **BUSINESS:** Which company owns the Lamborghini line of sports cars and SUVs?
5. **FOOD & DRINK:** What is the primary ingredient in the snack hummus?
6. **MYTHOLOGY:** Where was Achilles' vulnerable spot?
7. **MOVIES:** In the thriller "Die Hard," what was the name of the high-rise building where the action took place?

building where the action took place?

8. **SCIENCE:** Which part of the atom has no electrical charge?

9. **ENTERTAINERS:** Which actress/singer's nickname was The Divine Miss M?

10. **TELEVISION:** Which 1970s comedy series spawned the spinoff series "Maude"?

Answers

1. Zone Improvement Plan
2. Missouri River
3. Elias
4. Volkswagen
5. Chickpeas
6. His heel
7. Nakatomi Plaza
8. The neutron
9. Bette Midler
10. "All in the Family"

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Wishing Well®

6	2	7	2	6	4	2	5	2	7	8	4	3
S	S	H	U	O	A	C	B	C	A	Y	B	D
5	2	3	5	4	5	4	2	4	3	8	6	3
E	E	I	C	I	A	L	S	I	S	O	F	P
7	5	6	2	6	2	3	5	4	7	4	3	4
R	U	T	S	H	C	E	T	T	M	I	L	E
8	4	6	8	7	8	7	3	2	3	7	3	6
U	S	E	W	O	I	N	I	L	L	Y	L	A
8	7	8	5	2	4	2	8	6	4	6	3	2
L	A	L	I	O	E	S	E	R	N	T	U	E
6	8	2	6	3	5	4	3	8	4	8	2	5
E	X	B	D	S	O	H	I	C	A	E	Y	U
8	5	4	7	4	3	7	4	7	4	7	3	7
L	S	N	T	C	O	H	E	O	D	M	N	E

HERE IS A PLEASANT LITTLE GAME that will give you a message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the upper left-hand corner and check one of your key numbers, left to right. Then read the message the letters under the checked figures give you.

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ARIES (March 21 to April 19) Don't be put off by a seemingly too-tangled situation. Sometimes a simple procedure will unsnarl all the knots and get you in the clear fast and easy, just the way the Lamb likes it.

TAURUS (April 20 to May 20) It's a good time to go through your work space -- wherever it is -- and see what needs to be replaced and what can be tossed (or at least given away) without a second thought.

GEMINI (May 21 to June 20) Someone who disagrees with your position might try to intimidate you. But continue to present a fair argument, regardless of how petty someone else might be while trying to make a point.

CANCER (June 21 to July 22) You might find yourself exceptionally sensitive to family matters this week. An issue could come to light that you had overlooked. Ask other kinfolk to discuss it with you.

LEO (July 23 to August 22) You might have more questions about a project (or perhaps someone you're dealing with on some level) than you feel comfortable with. If so, see which can be answered, which cannot, and why.

VIRGO (August 23 to September 22) It's a good time to clean up and clear out what you don't need before your tidy self is overwhelmed by "stuff." Then go celebrate the Virgo victory over clutter with someone special.

LIBRA (September 23 to October 22) You might feel a mite confused about why something you were sure couldn't go wrong didn't go all right either. Be patient. Things soon move into balance, exactly as you like it.



SCORPIO (October 23 to November 21) At this decision point, you could be moving from side to side, just to say you're in motion. Or you could be considering making a move straight up. What you choose is up to you.

SAGITTARIUS (November 22 to December 21) Although your finances should be in an improved situation at this time, thrift is still the savvy Sagittarian's smart move. Advice from a spouse or partner could be worth heeding.

CAPRICORN (December 22 to January 19) Taking on a new challenge brings out the Goat's skills in maneuvering over and around difficult spots. Best of all, the Goat does it one careful step after another. (Got the idea, Kid?)

AQUARIUS (January 20 to February 18) Your well-known patience might be wearing thin because of a disturbing (and seemingly unending) problem with someone close to you. This could be a time to ask for help. Good luck.

PISCES (February 19 to March 20) Be careful about a new venture that lures you into a "just look and see" mode. Be sure that what you're being given to see isn't hiding what you should be seeing instead.

BORN THIS WEEK: Aries and Taurus give you the gift of leadership and the blessings of care and concern for all creatures.

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CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: O equals P

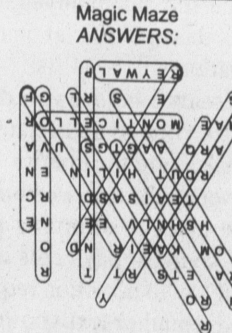
ZC UTJ OXJOWX YBX GXNYUZVQ UDX
RXBZUI JC UDXBRJIUYUI, TJSWG ZU
NX Y DXYUXG YBQSRXVU?

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King Crossword

Answers

Solution time: 27 mins.



CryptoQuip answer

be a heated argument? If two people are debating the merits of thermostats, would it

A
P
R

1
6

2
0
2
0

HOLLYWOOD

by Tony Rizzo

HOLLYWOOD -- The decline of the major Hollywood studios began in 1948, when a Supreme Court ruling sought to cut their power by separating production from distribution. But the studios found ways to continue making great films with their rosters of big stars under contract until 1954, when free television came along to steal a large segment of their paying audience.

It was actually multimillionaire **Howard Hughes** who triggered the charge to destroy the studio system. Hughes bought RKO Pictures, but it was not able to compete with the bigger studios. He hit upon a plan to divide and conquer by splitting RKO into two companies, RKO Pictures Corp. and RKO Theater Corp. He also assisted the federal government in breaking up the big studios' stronghold on films. Eventually the major studios went back to business as usual, finding ways to stay in power for two more decades. When faced with the challenge of television, the studios simply started producing shows and series for television. If you can't beat 'em ... join 'em.

In 1954, RKO was no more, and Howard Hughes' karma caught up with him for his shady dealing, as he sold off RKO and its

library of films part and parcel. Little by little the studios whittled down their contract players to a precious few. Actors were tired of seven-year studio contracts that gave them no control and allowed the studios an option to drop or keep every six months. At first, movie stars wouldn't do television, but TV producers made the casting of a big star an event, and the actors soon changed their minds.

In the '70s, businessman **Kirk Kerkorian** bought MGM. Like Hughes, he began by first selling off the backlot, which became a housing development, then the studio itself to Sony pictures in 1989. He then sold the entire MGM library of classic films to **Ted Turner**, who used it to create the cable movie channel TCM. He eventually sold the library to Warner Brothers, who now own, among other classics, "Gone With the Wind" and "The Wizard of Oz."

Kerkorian then built and opened the MGM Grand in Las Vegas and considered MGM a hotel from then on. The moviemaking arm of MGM made films from an office building across the street from the original studio, but today it exists only in a Century City skyscraper.

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GO FIGURE! by Linda Thistle

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

DIFFICULTY: ★★

★ Moderate ★★ Difficult
★★★ GO FIGURE!

	x		+		10
+		+		x	
	-		x		30
x		x		÷	
	x		x		30
20		30			16

1 2 2 3 4 5 6 8 9

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KOVELS' Antiques & Collecting

By Terry and Kim Kovel

Antique Bed

Can an antique bed be used in a modern home without difficulties? Yes and no. The beds used before about 1900 are shorter and narrower than the standard sizes used today. That means that to use the beds, the fitted sheets, blankets, box springs and mattresses may have to be custom made. It might be possible to use toppers or foam rubber instead of springs. But then the top of the bed will be lower than normal.

Until the late 1800s, the mattress was held in the bed frame with wooden slats or rope. An old rope bed will have holes in the side rails to "rope the bed." Some old beds have pegs in the side rails. These hold a mattress with "sacking," a piece of sailcloth with eyelets that match the positions of the pegs. It is strung into place in the center of the frame to hold the mattress. Ask a local antique dealer, historical house curator or search online for "roping a bed" for instructions.

An antique bed is shorter than a new one. Sometimes it is best to use just the head and footboards and buy a modern metal frame. A colorfully painted antique Empire bed made in New England was auctioned by Nye & Co. recently for \$12,500.

Q: I'd like to know a reasonable value of an old portable record player, a Califone Model 1430K. I'd like to buy one and this model reminds me of the one I used in school when I was young. Can you help?

A: The Califone Model 1430K phonograph was made in the 1970s and '80s and popular with schools, librar-

ies and churches. It was a solid-state phonograph with a built-in speaker and a 4-speed turntable that played 45, 33, 16 and 78 RPM records. It had some useful features, including a built-in 45 adaptor and an on/off knob with a Pause position. Older models were blue or gray and had a metal turntable platter. Newer ones were made in gray with a plastic platter. But while considered "portable" in a case with a removable lid, it weighs almost 20 pounds. A working Califone Model 1430K sells for \$50 to \$75.

CURRENT PRICES

Oil lamp, glass, emerald green font, beaded heart pattern, clear tapered base, 11 inches, \$70.

Advertising poster, Drink Orange Crush, woman floating on lake in inner tube, paper, frame, 19 1/2 x 15 1/2 inches, \$150.

Folk art cane, Eagle's head handle, black paint remnants, shaft with carved feathers, metal ferrule, American, 1800s, 35 1/2 inches, \$210.

Fraktur picture, house blessing inside heart, flowers & vines, watercolor details, grain painted frame, 1800s, 7 x 6 inches, \$370.

TIP: Felt-tip markers in shades of brown and black can be used to camouflage a small nick in furniture. You can use several markers and blend the color.

For more collecting news, tips and resources, visit www.Kovels.com.

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Strange BUT TRUE

• Humans are the only primates without pigment in the palms of their hands.

• American alligator blood contains a serum that is so effective at combating bacteria and viruses, even alligators that lose limbs in mucky swamps often avoid infection.

• Irish author James Joyce was a great fan of Norwegian dramatist Henrik Ibsen's plays. How great? He learned basic Norwegian just to send Ibsen a fan letter.

• There's a Facebook group called "Best Day of My Life: When I Realized the Old Brewers Logo Was a Ball & Glove AND the Letters M & B."

• China has the largest population of smokers in the world -- 316 million people -- accounting for nearly one-third of the world's smokers and 40% of tobacco consumption worldwide. But just more than 2% of Chinese women smoke,

compared with more than half of all Chinese men.

• The term "deadline" dates to the American Civil War. Lines in the dirt would be drawn around prisoners. If they crossed one, they would be executed by their guards. Not surprisingly, both prisoners and guards soon took to calling such a line the "deadline."

• Philematology is the scientific study of kissing.

• Research has shown that men who kiss their wives goodbye live about five years longer, make up to 30% more money and are involved in fewer car accidents than those who don't.

• As if that weren't enough, kissing even helps keep your teeth healthy, by causing an increase in saliva, which helps wash away plaque.

Thought for the Day:

"Love takes off masks that we fear we cannot live without and know we cannot live within." -- James Arthur Baldwin

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Now here's a tip!

by Jo Ann Derson

• **Earth Day Tip:** When choosing personal care products, apply the same eco standards as you do with food. Check the ingredients list to find safe products. Go for products that are free of dyes and perfumes. When possible, choose products that use the least packaging.

• Have a bright flashlight handy in the laundry room. It's much easier to identify stains with the right lighting. Sending a still-stained garment to the dryer can set the stain, making it much harder or impossible to remove.

• Three easy steps to sear your meat: Preheat the skillet, wait 30 seconds before you add oil and pat your meat dry before placing in the skillet.

• "I use a paperclip covered by tissue to clean the

cracks on my keyboard." -- I.P. in South Carolina

• If you leave a load of laundry too long in the washer, you can re-run it and add a cup of white vinegar to the load to kill the musty smell of potential mildew.

• "I make my own little good-behavior coupons for my three children. I print them on different colors of paper for each child. They can cash in coupons for activities or rewards, and if they go in together to get something, I will give them bonus coupons for working together. I think this has made goal-setting a priority for them, and it has helped them learn the lesson of shared goals -- an important one for a large family." -- R.V.F. in Arizona

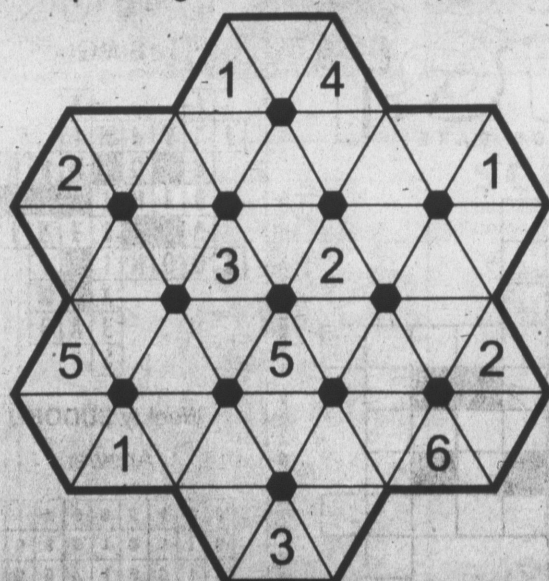
Send your tips to Now Here's a Tip, 628 Virginia Drive, Orlando, FL 32803.

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SNOWFLAKES

by Japheth Light

There are 13 black hexagons in the puzzle. Place the numbers 1 - 6 around each of them. No number can be repeated in any partial hexagon shape along the border of the puzzle.



DIFFICULTY THIS WEEK: ◆

◆ Easy ◆◆ Medium ◆◆◆ Difficult

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STICKELERS

by Terry Stickels

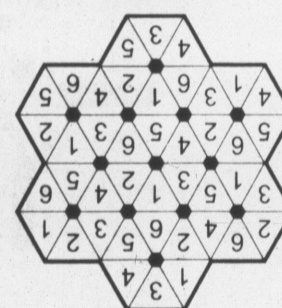
Below are the names of 5 states with their vowels removed. How quickly can you come up with the correct names?

- 1) CLRD
- 2) RKNSS
- 3) KLHM
- 4) DH
- 5) LLNS

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SNOWFLAKES

solution



Stickelers Answer

- 1) Colorado
- 2) Arkansas
- 3) Oklahoma
- 4) Idaho
- 5) Illinois

Go Figure!

answers

	16		03		20
30	3	x	5	x	2
		÷		x	
03	9	x	4	-	6
	x		+		+
10	8	+	2	x	1

ANSWERS

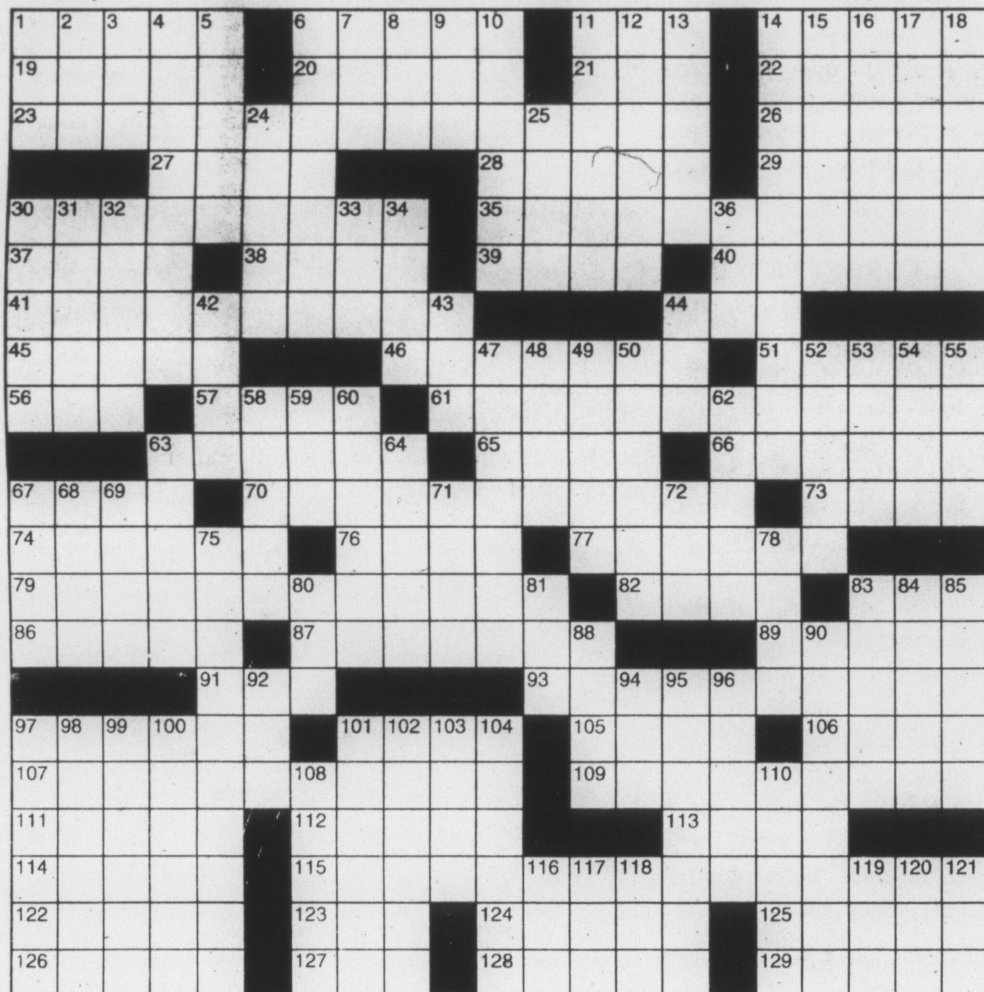
Go Figure!

Super Crossword

TAKING OUT
THE MIDDLE

ACROSS

- 1 Musical pace
6 — you note
11 Looker's leg
14 LaBelle with a Grammy
19 Oak seed
20 Perfume queen
21 Pal, to Gigi
22 One of the Three Musketeers
23 LOUIS
26 Painter Dufy
27 Co. heads
28 Zero in (on)
29 What a white flag signifies
30 Speed
35 LLOYD
37 Make — out of (toughen up)
38 Jogger's gait
39 Pre — (bump, so to speak)
40 Candle blowers' secrets
41 CAROL
44 Caesar of old comedy
45 Severe
46 Hides from view
51 Swan's kin
56 Copy a bunny
- 57 "Nuts" director
61 CHRISTIAN
63 Pep rally cry
65 Tarot card reader, e.g.
66 Singer
67 Folk knowledge
70 JESSICA
73 In the matter of
74 Assembly with all members present
76 Language of Bangkok
77 Pastor's talk
79 WASHINGTON
82 Wren's home
83 "Mike & Molly" aier
86 Adams of photography
87 Small carpet
89 "Ulysses" star Milo
91 Cumulative pay abbr.
93 JEAN
97 Cuba's Fidel
101 Some jeans, familiarly
105 "No, mein Herr"
106 Peruvian of long ago
107 CONAN
- 109 Tropical grassy plains
111 Kettle output
112 Brand of fat replacer
113 University in North Carolina
114 1836 siege setting
115 CARLOS
122 Justice Ruth — Ginsburg
123 Highway with a no.
124 Leek relative
125 With 59-Down, crude oil, in slang
126 Deep pit
127 Sun — sen
128 "— Hope" (old ABC soap)
129 Build, as a building
- DOWN
1 Paving gunk
2 Prefix with car or warrior
3 Unruly throng
4 District police station
5 How right turns are often allowed
6 Mosaic tile
7 DDE's forerunner
8 Lunched, e.g.
9 It's east of Calif.
10 Painter Georgia O'—
11 It's removed for a fill-up
12 Total number
13 Capital of Belarus
14 Pheasants' cousins
15 1980s video game
16 Despite the fact that
17 "Clever comeback!"
18 Florida keys, e.g.
24 The Lone Ranger's companion
25 Par for the course
30 Hindu prince
31 Mobil rival
32 Settle the tab
33 Boozing sort
34 Fr. ladies with haloes
36 Early 20th-cen. conflict
42 Architect Saarinen
43 "Stop talking!"
44 IRS ID
47 More like a hoarse voice
48 High on the draft list
49 Online folks
50 Grow dim
52 Financial tipster Suze
53 Bears, in Buenos Aires
54 Faxed, say
55 Prefix with spore
58 Response to "Who's there?"
59 See 125-Across
60 Dentists scrape it off
62 Houses for students
63 Music style
64 Skier Phil
67 Women's links org.
68 Steinhauer who wrote the 2009 bestseller "The Tourist"
69 Antique cars
71 "— Nagila"
72 Sooner than
75 Nasty bits of dirt
78 Nebraska Sioux
80 Ill-bred guy
81 Barbecue spice mix
83 Beijing's land
84 Judge's seat
85 Epic tales
88 Cotton deseeders
90 Less chubby
92 Ontario's capital, on scoreboards
94 Grassland
95 Resident maids
96 Wholly
97 Melon type
98 Place to sculpt in school, say
99 Dependable
100 English river
101 "Blaze" actress Davidovich
102 Tennis shoe hole
103 Israel's flag carrier
104 12th grader
108 Bride's property
110 Nick of "Cape Fear"
116 — old way
117 Actress Wasikowska
118 Gained
119 Firefighter's tool
120 Freddie —
121 Onetime jet-set jet



Weekly SUDOKU

by Linda Thistle



Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

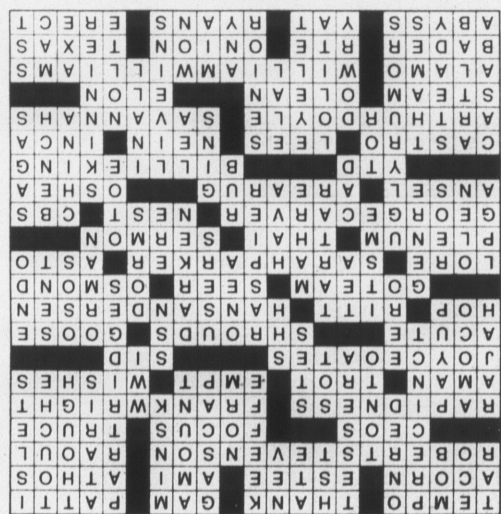
DIFFICULTY THIS WEEK: ♦♦♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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Super Crossword

Answers



Even Exchange

answers

1. Onion, Onion
2. Lament, Latent
3. Silly, Sally
4. Fatter, Filter
5. Wager, Water
6. Pillow, Willow
7. Think, Thing
8. Hanger, Hanger
9. Patch, Pitch
10. Bubble, Bumble

celebrity
extra

by Dana Jackson

Q: When will "Grey's Anatomy's" season be over now that the coronavirus crisis has shut down production of all the TV shows that were filming when it spread to the U.S.? Will it air new episodes over the summer? -- E.T.

A: While I don't have any definitive answers on "Grey's Anatomy," which stars Ellen Pompeo as Meredith Grey, I can tell you what we know so far. With production being cut short, "Grey's" is able to air only 21 of its planned 25-episode current season. According to Deadline.com, the status of the remaining four episodes of season 16 is being determined, but I would imagine they'll be broadcast either later in the summer or as part of season 17 next fall.

Deadline also stated that neither ABC's "Station 19" nor "How to Get Away With Murder" (which will air its series finale May 14) are being affected by the "Grey's" programming changes.

Q: What happened to the TV show "Madam Secretary"? Is it finished? I knew this was to be the last season, but it seems to be incomplete. Is it in hiatus?

tus? It was a great show that we loved! -- A.W.

A: "Madam Secretary," starring Tea Leoni as the U.S. secretary of state who tries to balance her high-profile job with her family life, aired on CBS for six seasons, ending in December 2019. I won't give away the final episode in case you missed it, but it aired Dec. 8 and involved a whistle-stop tour.

The show was created by Barbara Hall, who had written some episodes of another well-regarded political drama, "Homeland," starring Claire Danes, and previously helped create the hit show "Judging Amy," starring Amy Brenneman. Hall has signed a deal with CBS to develop a new series, "Clues," which is about a private investigator who goes missing, and his wife who teams up with his ex-partner to try to find him. No word yet on who has been cast in the lead roles. Hall also is developing a show for a streaming service based on James Patterson's new biographical book, "The House of Kennedy."

Q: Whatever happened to Victoria Justice? My grandkids used to watch the Nickelodeon show "Victoria" when they would visit, but I haven't seen her in anything since then. -- G.G.

A: The show you're thinking of was actually called "Victorious," and the cast recently recognized its



ELLEN POMPEO

Photo credit:
ABC/Mike Rosenthal

10-year anniversary with a virtual reunion through the Internet.

"Victorious" starred Victoria Justice as Hollywood Arts High School student Tori Vega, but the show's most noteworthy alum to emerge was singer Ariana Grande, who played Cat. As for Justice, she's actually released a few hit singles of her own, and she starred in the MTV series "Eye Candy," which aired for just one season. She's since gone on to guest-star on numerous prime-time shows, including "American Housewife."

According to E! News, the cast remain tight-knit and have talked about another reunion in the form of a movie.

Send me your questions at NewCelebrityExtra@gmail.com, or write me at KFWS, 628 Virginia Drive, Orlando, FL 32803.

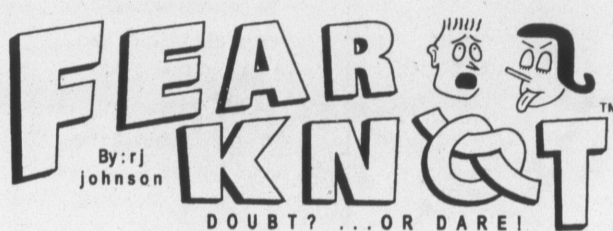
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Even Exchange by Donna Pettman

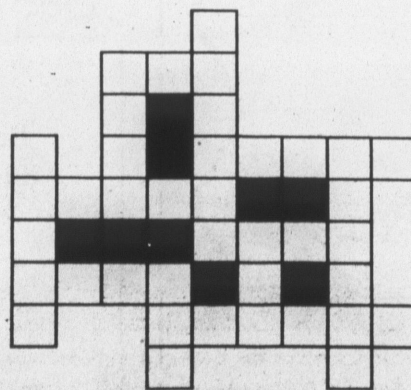
Each numbered row contains two clues and two 6-letter answers. The two answers differ from each other by only one letter, which has already been inserted. For example, if you exchange the A from MASTER for an I, you get MISTER. Do not change the order of the letters.

- | | | | |
|------------------------|-----------|----------------------|-----------|
| 1. Tear-causing veggie | ___ N ___ | Night sky hunter | ___ R ___ |
| 2. Moan and groan | ___ M ___ | Like a hidden talent | ___ T ___ |
| 3. Goofy | ___ I ___ | Charlie Brown's sis | ___ A ___ |
| 4. Become fainter | ___ A ___ | Coffemaker strainer | ___ I ___ |
| 5. Place a bet | ___ G ___ | Thirst quencher | ___ T ___ |
| 6. Cushion | P ___ | Drooping tree | W ___ |
| 7. Use one's noggin | ___ K ___ | Object | ___ G ___ |
| 8. Airplane garage | ___ A ___ | Closet accessory | ___ E ___ |
| 9. Temporary tire fix | ___ A ___ | Throw like Cy Young | ___ I ___ |
| 10. Soapy fizz | ___ B ___ | Stagger | ___ M ___ |

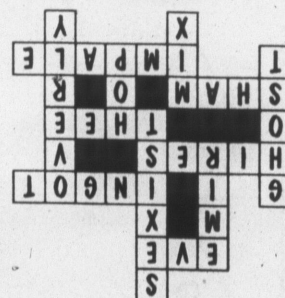
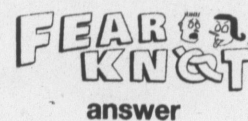
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IMX
ROYVEL
SHTOG
♥ ERM
♥ TIXESS
PHO
♥ ASMH
GONTI
VEE
PLEMIA
♥ EHRIS
HETE



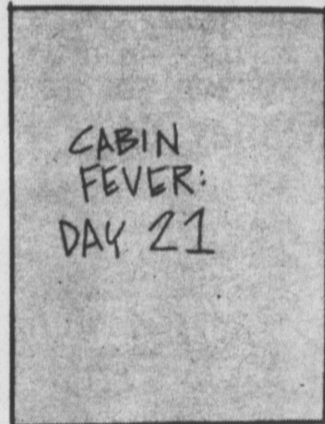
Unscramble these twelve letter strings to form each into an ordinary word (ex. HAGNEC becomes CHANGE). Prepare to use only ONE word from any marked (♥) letter string as each unscrambles into more than one word (ex. ♥RATHE becomes HATER or EARTH or HEART). Fit each string's word either across or down to knot all twelve strings together.



Weekly SUDOKU
Answer

A
P
R1
62
0
2
0

Out on a Limb



by Gary Kopervas



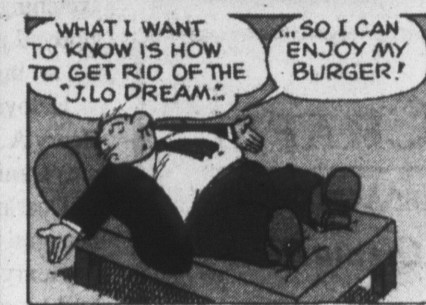
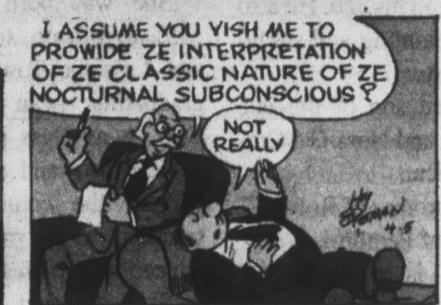
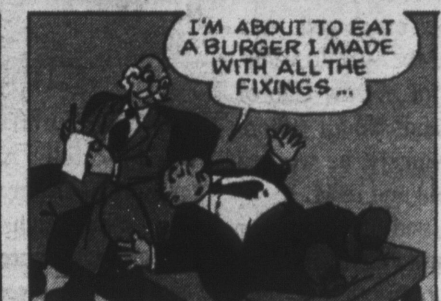
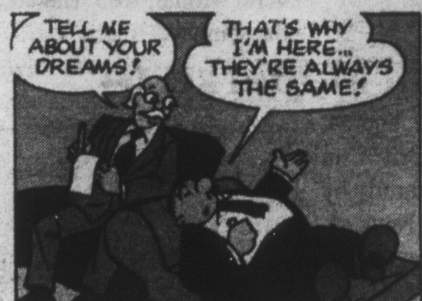
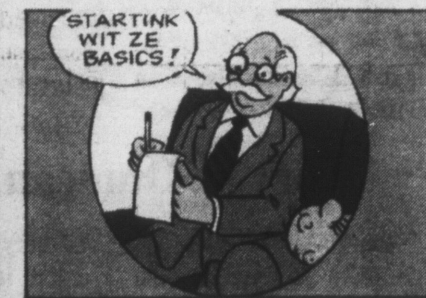
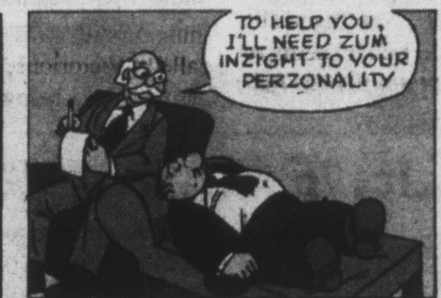
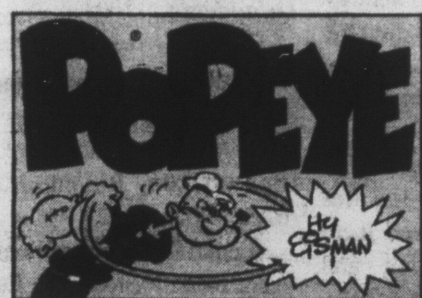
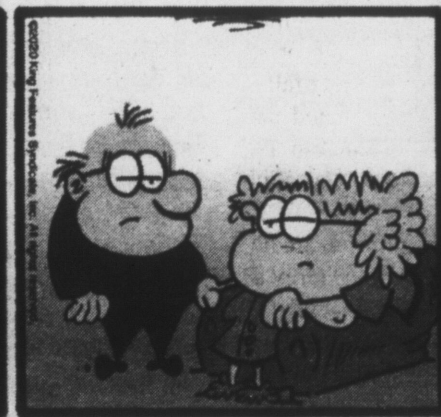
R.F.D.



by Mike Marland



The Spats



SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Melodic: TILLING

Annoyance: ARCHING

Blowing: ZEYBRE

Blinking: SORBET

TODAY'S WORD

Conceptis Hitori

Each puzzle consists of a square grid with numbers appearing in all squares. The object is to shade squares so:

1	5	3	1	2
5	4	1	3	4
3	4	3	1	5
4	4	2	3	3
2	1	5	4	4

- No number appears in a row or column more than once.
- Shaded (black) squares do not touch each other vertically or horizontally.
- When completed, all un-shaded (white) squares create a single continuous area.

5	2	6	3	1	1
3	6	6	1	2	2
2	6	1	3	4	5
2	5	2	2	6	6
4	1	2	1	5	6
6	1	4	5	3	6

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Play It Safe, Keep Cats Inside

DEAR PAW'S CORNER: I'm staying inside during this emergency, as the state government has requested, but I still let my tomcat "Dodger" out during the day. He would go crazy being stuck inside. However, my daughter told me to stop letting him out, because she says pets can get coronavirus, too. Is Dodger in danger? Could he get it and spread it to me? — Darlene B., Springfield, Massachusetts

DEAR DARLENE: Currently, no pets within the U.S. are known to have contracted the coronavirus. A tiger at the Bronx Zoo reportedly tested positive for COVID-19 (and six more tigers are showing symptoms). But there's very little data to work with right now.

While the Centers for Disease Control and Prevention does not have definitive evidence that pets can contract COVID-19, they are playing it safe and urging owners to protect their pets from exposure to the virus. So you should, too.

You don't know where



Dodger goes when he's out, so you don't know if he is being exposed to this virus or other viruses or bacteria that are much more easily contracted and can cause serious illness. Keep him inside and find ways to keep him from losing his mind. That includes spending more time playing with him, making sure he has plenty of toys, and giving him scratching and climbing spots, plus a hideaway. If his behavior gets worse, contact the veterinarian -- Dodger may need to take medication to calm him down for the short term.

Also, because he's been outside, you need to take precautions for yourself. Wash your hands after petting or picking up Dodger, and after cleaning his litter box. Wash his food and water bowls daily in hot soapy water. Here's to both of you staying healthy and safe!

Send your tips, comments or questions to ask@pawscorner.com.

TOP VIDEO RENTALS AND SALES

Top 10 Video On Demand

1. 1917 (R) Dean Charles Chapman
2. Jumanji: The Next Level (PG-13) Dwayne Johnson
3. Knives Out (PG-13) Daniel Craig
4. Just Mercy (PG-13) Jamie Foxx
5. Bombshell (R) Charlize Theron
6. Contagion (PG-13) Matt Damon
7. I Still Believe (PG) Britt Robertson
8. Spies in Disguise (PG) animated
9. Frozen 2 (PG) animated
10. Richard Jewell (R) Paul Walter Hauser

Top 10 DVD, Blu-ray Sales

1. 1917 (R) Universal
2. Jumanji: The Next Level (PG-13) Sony Pictures
3. Frozen 2 (PG) Disney
4. Spies in Disguise (PG) FOX
5. Midway (PG-13) Lionsgate
6. Knives Out (PG-13) Lionsgate
7. Superman: Red Son (PG-13) Warner Bros.
8. Ford v Ferrari (PG-13) FOX
9. Maleficent: Mistress of Evil (PG) Disney
10. The Grudge (R) Sony Pictures

Sources: comScore/Media Play News
(c) 2020 King Features Synd., Inc.

Hitori

answer

9	3	5	4	1	9
9	5	1	2	1	4
9	9	2	2	5	2
6	2	6	1	3	4
4	5	4	3	9	2
2	2	1	2	9	3
1	1	3	1	1	5

SCRAMBLERS

Today's Word

1. Lifting; 2. Chagrin; 3. Breezy; 4. Stroke

solution

SCRAMBLERS

OBITUARIES

Geraldine M. Spillane

Geraldine M. (Black) "Geri" Spillane, of Squantum, died April 6.

Beloved wife of Paul E. Spillane of Quincy. Loving mother of Christopher P. Spillane and his wife Diana of Amherst, N.H. Beloved grandmother of Joshua and Ryan Spillane. Daughter of the late William H. and Elizabeth (Lynch) Black of South Boston. Sister of the late Betty A. Black of South Boston and the late William H. Black of Quincy. Also survived by her sisters and brothers in law, several nieces, nephews, and grand nieces and nephews.

The Spillane family would like to thank the nurses and staff at the Royal Nursing and Rehabilitation Center in Braintree for the tender care given to Geri over the last several years.



GERALDINE SPILLANE

Services will be private and a memorial Mass will be held at a later date.

Funeral arrangements were made by the Keohane Funeral Home, 785 Hancock St., Quincy.

Memorial donations can be made to Bridge Over Troubled Waters, 47 West St., Boston, MA 02111, The Alzheimers Association, 309 Waverly Oaks Rd., Waltham, MA 02452, or to a charity of your choice.

Roland R. Perreault

Roland R. Perreault, of Boston, passed away April 4, with the love of his life Sherry by his side.

Roland adored his partner Sherry since they met in 1981. He was an avid fisherman and loved participating in the Martha's Vineyard Bass and Bluefish Derby with Sherry for 35 years and boating on the Cape Cod Canal. He owned his own heating and boiler company and retired in 1988.

Roland was a proud U.S. Navy Veteran and served four years on the USS Independence and USS Wasp. He was very generous and thoughtful, leaving love notes to Sherry every day. Roland had a great sense of humor and will be greatly missed by all who knew him.

Best friend and partner of 39 years to Sherry Mele of Boston. Loving father of



ROLAND R. PERREAULT

Cheryl O'Driscoll of Waltham and Tammy Sheehan of West Roxbury. Loving brother of Laura Foley of Norwood. Also survived by 6 grandchildren and 1 great grandchild.

Services were private. A celebration of life will be held at a later date.

Funeral arrangements were made by the Keohane Funeral Home, 785 Hancock St., Quincy.

Memorial donations may be made to Wounded Warrior Project, P.O. Box 758517, Topeka, KS 66675.

Harriet Fili, 87

Harriet (Titika) Fili passed away April 5 at the age of 87.

A long-time resident of Quincy, Harriet was born in Istanbul, Turkey and preceded in death by her late husband Sofianos Fili and parents Anna and Haralambos Tsouroukoglou of Istanbul Turkey.

She is survived by her two daughters: Elizabeth (Fili) Chaisson with her husband Michael of Hanover and Thanae (Fili) Cooper with her husband Kenneth of Acton. Also survived by her four beloved granddaughters, Lisa Chaisson of Chelsea, Samantha (Chaisson) Duffy and her husband Brett of Hanover, Anna (Cooper) Beltzer and her husband Matthew of Concord and Noelle Cooper and her husband David Hannah of Nazareth, Pennsylvania. She is also survived by her most favorite little humans (great-grandchildren) Jordan and Owen Duffy of Hanover, Eli Beltzer of Concord and Leo and Sydney Hannah of Nazareth Pennsylvania, also survived by her nephew Van Christie and his wonderful wife Anita of Quincy.

Yiayia was a very special woman who loved and cherished her family. Born in Istanbul Turkey between



HARRIET FILI

two world wars, she was the embodiment of the quintessential Constantinopolitan lady, who was versed in amazing homemaking skills. She was a fine cook, a talented sewist, embroiderer and crocheter. She loved to entertain in her home with her delicious ethnic cuisine, that was loved and enjoyed by her family and friends. Her other passions were reading and watching television. But, Harriet's greatest joy was her granddaughters and their children.

Due to the current health crisis Harriet's funeral was private. Donations in her memory may be made to St. Catherine Greek Orthodox Church in Braintree (stcatherinebraintree.org) or the Alzheimer's Foundation of America (alzfdn.org).

Funeral arrangements were made by the Keohane Funeral Home, 785 Hancock St., Quincy.

Henry A. Dunican, Jr., 76

Henry A. Dunican, Jr., age 76, a lifelong resident of Quincy, died peacefully April 3 at Framingham Union Hospital, after a long illness.

Henry was born, raised and educated in Quincy. He was a graduate of Quincy High School and later earned his Associate's degree from Quincy College.

Henry was proud to have served in the U.S. Army during the 1960s.

He was employed as a taxi driver for over 30 years, working for Yellow Cab of Quincy and South Shore Cab. Previously, he worked for Diebold and IBM.

Henry had a passion for art. He was talented at drawing, and could often be seen sketching in his cab. He also enjoyed painting and studying art history.

Beloved son of the late Henry A. and Nora G. (Cronin) Dunican.

Dear brother of Robert T. Dunican of Pembroke.

Henry is also survived by his cousin, Frederick W. Carson of Maryland.

In light of current events, funeral services were private. Graveside services, with military honors, will be conducted at Saint Mary's Cemetery, West Quincy at a later date.

Funeral arrangements were made by the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy.

Memorial donations may be made to the New England Center and Home for Veterans, Advancement Office, P.O. Box 845257, Boston, MA 02284-5257.

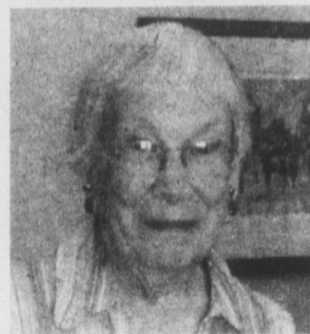
Ann O'Malley, 84

Ann O'Malley, 84, of Quincy, formerly of South Boston and Dorchester, died peacefully April 7 at the Marian Manor Skilled Nursing Home in South Boston.

Born in South Boston, she was raised in Dorchester and was the daughter of the late Coleman and Mary (Norton) O'Malley. Ms. O'Malley attended local schools and graduated from high school in 1953. After high school, she continued her education and earned her bachelor's degree in nursing. She worked as a registered nurse at St. Margaret's, Carney, and Massachusetts General Hospitals, retiring in 1997.

In her spare time, Ms. O'Malley enjoyed traveling the world. She loved to experience new cultures and meeting people. Her favorite destination was Ireland, but also enjoyed visiting France, England and Italy. Ms. O'Malley was a life-long student and was always reading something new. She read many different genres that include psychology, history, romance and travel. She was the type of person that would learn everything there was to know about a job. A selfless and humble person, Ms. O'Malley liked being able to help the people in her life.

The most important part of Ms. O'Malley's life was her family. She loved them more than anything and would do anything for them. Her kindness, selflessness



ANN O'MALLEY

and love are part of her legacy that continue through her family. She will be missed by all the lives she touched.

She was the devoted aunt of MaryAnn Collins and her husband David of Carver, Deirdre Burke-Shipleigh and her husband Rodney of Dorchester and James J. Burke and his wife Sharon of Eccles, Utah. She was the loving great aunt of Courtney Tormey and her husband, Christopher of Carver, Andrew, Shelby and Grace Shipley of Dorchester, and Brandon Burke of Eccles, Utah, and the loving great grand aunt of Patrick and Maureen Tormey of Carver. Ann was preceded in death by her siblings Coleman O'Malley, Bernard O'Malley and Mary Burke.

A private graveside service at Cedar Grove Cemetery will be held at a later date.

Memorial donations may be made to the American Heart Association, P.O. Box 417005, Boston, MA 02241-7005.

Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.

Eileen M. Burke, 64

Eileen M. Burke, age 64, died peacefully April 7 in her home with her family by her side in Houghs Neck after battling pancreatic cancer for almost a year.

She was born Oct. 3, 1955 in Boston, to George and Lorraine Tower. After graduating from Laboure College as class president, with honors and a nursing degree, she continued on to complete her master's in education at UMass Boston.

She married William (Bill) Burke on Aug. 21, 1976, in Boston. Mrs. Burke worked as a professor of exercise science at Quincy College with a passion to engage and educate her students.

She truly lived a blessed life; spending time with family, gardening, and enjoying her 11 grandchildren. Mrs. Burke was a strong female role model for many women and girls who knew her.

She is survived by her husband, Bill; her 3 children, Aimee Burke, Kate Federico, and Bill Burke Jr., her 5 brothers, George, Joe,



EILEEN M. BURKE

Tom, Mike and Paul Tower; and many nieces, nephews, and cousins.

A memorial service will be held at the Gate of Heaven Church in South Boston later this summer due to current COVID-19 restrictions.

Although we can not celebrate her life together in person, we continue to pray and share memories of her through social media knowing she is in heaven looking down on us.

Funeral arrangements were made by the Dennis Sweeney Funeral Home, 74 Elm St., Quincy.

Memorial donations may be made to the Eileen Burke Memorial Scholarship at gofundme.com/eileen-burke-memorial-scholarship.



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CREMATION SERVICE OF MASSACHUSETTS
Pre-Planning • Funerals • Cremations

"We are a family owned and operated business, and we take seriously the health and safety of your family and ours. We are deeply saddened by the devastating impact of COVID-19 globally and in our communities. During these challenging and ever-changing times, you can rest assured that we at Hamel-Lydon Chapel will recommend only safe and healthy options to remember and memorialize those whose families place their trust and confidence in our capable hands. As always, we will be here when you need us. Wherever and whenever that may be."

-Christopher P. Goulet & Michelle A. Lydon, Directors

(617)472-5888

650 Hancock Street, Quincy, MA 02170 • HamelLydon.com

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Ivy Culkin

Ivy (Hibbs) Culkin of Quincy died peacefully April 7.

She was the beloved wife of the late Frank G. Culkin and longtime companion of the late John DeCosta. Mrs. Culkin was born in 1922 and raised in Everett. She was the daughter of the late Alvin and Madeline (O'Connor) Hibbs. She was a longtime resident of Quincy and South Easton.

Mrs. Culkin was a graduate of Everett High School. She enjoyed reading, crossword puzzles, card games, bowling and was an avid golfer. Mrs. Culkin took up golf when she was 50 and eventually became the Woman's Club Champion at Brockton Country Club where she and her husband Frank were longtime members. She was a volunteer at the LEAPS in literacy program where she would teach disadvantaged 2nd grade children how to read. Even at the age of 98, Mrs. Culkin did her daily NY Times crossword puzzle and was well read and up to date on the political, entertainment and worldwide events of the day.

She is survived by her four children, seven grandchildren and eight great grandchildren; Douglas



IVY CULKIN

Culkin and his wife Elizabeth, of Lake Anna, VA and Plymouth, NH; Janice Battles and her husband Daniel of Harwich; Barry Culkin and his wife Deborah of Braintree; and Elaine Gerace and her husband Robert of East Syracuse, NY. She leaves seven grandchildren: Scott Culkin, Kevin Culkin, Ryan Battles, Brian Culkin, Adam Culkin, Margaret Culkin Romanowski, Michelle Gerace, and nine great grandchildren: Raphael Gordan-Lennox Culkin, Adelaide Battles, Charlize, Shea & Aida Culkin, Wes, Pace & Eliza Romanowski and Robert Watson. She was the grandmother of the late Brendan Battles and the sister of the late Douglas Hibbs, Alvin Hibbs and Elaine McNeice.

Interment services will be private.

Funeral arrangements were made by Conley Funeral Home, Brockton.

Daniel M. Dewey, 76

Daniel M. Dewey, a longtime resident of Quincy, passed away on April 3. He was 76.

Born in Everett, he was a son of the late Judge George Dewey and Catherine (Murdock) Dewey. Dan was raised in Marlboro, and was a graduate of Marian High School in Framingham.

Mr. Dewey was a U.S. Marine Corps sergeant, serving in Vietnam. He earned his undergraduate degree from Texas A & M, and later earned two master's degrees; one in business and another in criminal justice from Anna Maria College.

Dan served as a probation officer in Framingham, Marlboro, and Quincy. He was appointed to the Commonwealth of Massachusetts Parole Board by Governor Weld in 1993 and was the longest serving board member in the Commonwealth.

He was the Commandant of the William R. Caddy Marine Corps League Detachment in North Quincy, a longtime member of the Nickerson Post in Squantum, and life member of the Disabled American Veterans, Chapter 29 in Braintree. He was also involved for many years with the Quincy Veterans Council.

Dan was an avid reader of history and loved his summer vacations with his family in North Conway, N.H.

Dan was the beloved husband of 39 years to Kathleen (Kelly) Dewey of Quincy, and the devoted father of Daniel Dewey and his wife Alla Baranovsky of Westborough, and Ai-



DANIEL M. DEWEY

leen Quilty and her husband Conor of Quincy. He was the proud and loving Grampy of Cullen and Lily Quilty of Quincy, Daniel Baranovsky-Dewey, Alexander Baranovsky, and Nikita Baranovsky, all of Westborough. Dan was the brother of Frank Dewey and his wife Suzi, Cathy Treviloni and her husband Ron, Paul Dewey and his wife Patsy all of New Jersey, John Dewey of Marlboro, and the late George Dewey and Susan Anderson. He was also survived by many nieces, nephews, and cousins.

In light of current circumstances, the immediate services will be private, with burial at the Massachusetts National Cemetery in Bourne. A memorial visitation and Mass will be planned for a future date. An announcement will be published in this newspaper and on the funeral home website.

Expressions of sympathy may be made in Dan's memory to the Disabled American Veterans, State House, Room 546, Boston, MA 02133, or visit dav.org.

Funeral arrangements were made by the Keohane Funeral Home, 785 Hancock St., Quincy.

Edward A. Mack, Sr., 103

Edward A. Mack, Sr., age 103, a longtime resident of Quincy, died peacefully April 9, in the comfort of his home, surrounded by his loving family.

Born, raised, and educated in Abington, Edward was a graduate of Abington High School. He had lived in Quincy for over 70 years and had also been a winter resident of Melbourne, Fla. for over 20 years.

Ed was a proud World War II veteran having served as a sergeant in the U.S. Air Force in the central intelligence division, providing critical information to troops overseas.

He was the longtime owner and operator of the former Braintree Paint and Wallpaper Company on Washington Street. He was proud to be a small business owner.

Ed was a longtime parishioner of Saint John the Baptist Church in Quincy. He was a member of the Adams Heights Men's Club of Quincy, the American Legion, and the Knights of Columbus.

In January of 2019, Ed was honored as a "Hero Among Us" by the Boston Celtics at TD Garden, in recognition of his military service and lifelong commitment to his fellow veterans.

He enjoyed gardening, fishing, golfing, and was an avid sports fan. Most of all, he was devoted to his family.

Beloved husband of the



EDWARD A. MACK, SR.

late Josephine B. "Babe" (Caracciolo) Mack.

Devoted father of Elaine V. Weed of Quincy, Edward A. Mack, Jr. and his wife Carol of Hanover, and Dennis J. Mack of Chelsea.

Loving grandfather of Jason Kane, Jessica Keefe, Justin Weed, Tyler Mack, Katelyn Mack, and Amanda Mack. Cherished great-grandfather of Jaycee, Brayden, and Carter. Brother-in-law of Marylou Raples of Abington.

In light of current events, funeral services were private. Interment took place in Pine Hill Cemetery, West Quincy. A memorial Mass will be celebrated and military honors will be rendered at a later date.

Memorial donations may be made to the Department of Veterans Affairs by visiting <https://www.volunteer.va.gov/apps/VolunteerNow/default.asp>.

Arrangements under the direction of the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy.

Joseph J. Perry, 76

Joseph J. "Sonny" Perry, age 76, died April 9.

Mr. Perry grew up in Quincy and had called Braintree home for the past 20 years. He is survived by his wife Anita (Mabee) Perry and her children Bethany Savelle, her partner Tony Mastrangelo and their daughter Julia Savelle, all of Braintree; and Russell Savelle and his partner Jane Withers of St. Petersburg, FL.

He is also survived by his daughters Dr. Amy Farb and her husband Dr. Joshua Farb, and their children Ben, Abby and Theo, of RI; and Katie Vight and her son Devin, of Marlborough. Survived by sister Jeannette McNeil and her husband John of East Bridgewater, predeceased by sister Elizabeth "Betty" Elias and brother David. Also survived by many nieces and nephews.

After graduating from Quincy Trade School, Mr. Perry joined the Navy. He was proud of his service as a Seabee in Cuba during the Cuban Missile Crisis. He was the co-founder and owner of South Shore Woodworking in Quincy and the Perry Farm in Easton, where he owned several horses. He had a strong work ethic and couldn't help but fix



JOSEPH J. PERRY

things. He enjoyed everything he did from repairing and remodeling to building a house from the ground up. Mr. Perry also worked at Perry Trucking in Braintree for several years before retiring and traveling. He enjoyed spending time with Anita at their vacation home in Maine.

He had a deep appreciation for ice cream and all sweets. He especially enjoyed sharing them with his youngest grandchild Julia.

Mr. Perry wanted to be remembered by his motto: "I tried."

Since we can't have an Irish wake, please celebrate his life by having some ice cream and if desired, consider donating in Mr. Perry's memory to the veterans' charity of your choice.

Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.

Antonio E. Colantonio

Antonio Peter Colantonio of North Weymouth, formerly of Quincy, died April 7.

Mr. Colantonio proudly served in the U.S. Army and went on to have a long successful career as a carpenter with Local #33. He was an avid New England sports fan and a skilled gardener. He had a great smile and a joyful, infectious personality. He will be deeply missed by his close friends at The Sand Trap.

Beloved husband of the late Donna (Palmieri) Colantonio. Devoted father of Tammy Galotti of Quincy, Deb Coull and her husband Frank of Weymouth and Antonio Colantonio of Weymouth. Cherished grandfather of 5 grandchildren and 2 great grandchildren. Loving brother of Pat Colantonio of Dedham, Mary Chambers of Rockland, Loretta King of Plympton, Te-



ANTONIO COLANTONIO

resa Spencer of Weymouth, Lucy Palmieri of Norwell, the late Anna Caradonna and the late Joseph Colantonio. Longtime friend of Edie Shanks of Hanover. Also survived by many nieces and nephews.

Memorial donations may be made to St. Jude Children's Research Hospital, 501 St. Jude Place, Memphis, TN 38105.

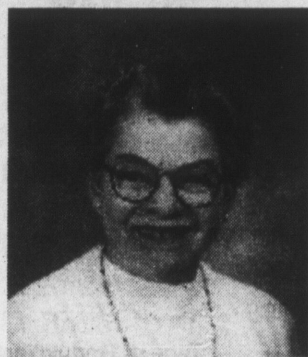
Arrangements were made by McDonald Keohane Funeral Home, North Weymouth.

Joan E. Forrester, 84

Joan Edith Forrester, age 84, a resident of Quincy for over 20 years, died April 9 at Norwood Hospital after a brief illness.

Ms. Forrester was born April 9, 1936 in Ottawa, Ontario, Canada, the only daughter of Herbert Upham and Susanna Pauline (Sylvester) Forrester. She was the sister of the late Rev. Rodney Leo Forrester. She worked in mail delivery services for the John Hancock Insurance Company for 44 years until her retirement in 1995.

She was a former Girl Scout and was a member of the Lutheran Women's Missionary League. Ms. Forrester was an active member of the First Lutheran Church in Boston, where she visited the shut-ins, and served as the treasurer of the church's Tabitha Society. She also volunteered for the Braille Association and the Lutheran Braille Workers for 30 years.



JOAN E. FORRESTER

Ms. Forrester is survived by her dear friends Robert and Jackie Lawton of Foster, Rhode Island, and the Rev. Walter Reuning of Middleborough.

Services and interment in the Gardens at Gethsemane Cemetery in West Roxbury will be private.

Memorial donations may be made to Lutheran Braille Workers, 13471 California St., PO Box 5000, Yucaipa, CA 92399, or online at lbw@lbwinc.org.

Funeral arrangements were made by Folsom Funeral Service, Dedham.

More Obituaries Online:
www.TheQuincySun.com



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\$3M OK'd For Broad Meadows School Work

Cont'd From Page 9

would be too soon to provide such an update; the city is still awaiting guidance from the state on the matter.

"The conventional wisdom right now is it is just too soon to make any determinations either optimistically or pessimistically," Walker said. "As opposed to getting out in front of this and coming out with a forecast for a worst-case scenario or a best-case scenario, we're going to take some time and figure out what the actual scenario is going to be."

Walker said that even if the city does need to make major budget cuts — a scenario he said was unlikely at this point — the \$3 million project at Broad Meadows would need to go forward.

"We wouldn't be going forward with this \$3 million request if there was any indication that this is not something we need to do, and we need to do right away," he said.

"If we end up in a worst-case scenario and we have to do major cutbacks to the services the city provides...

this is not a project that would be included among those things that wait. This would go forward. It would have to."

Croall, who voted 'present,' said it was important to get a better understanding of the pandemic's impact on finances.

"I think we really need to get our head around it because, through nobody's fault, revenues will be off. That's a fact. And then it will come down to...some tough decisions along the way to figure out how we

make up those shortfalls," Croall said.

Mahoney, who voted against the bond, likewise said it was important for the council to receive a presentation on the pandemic's impact.

"We really do need a presentation from the city to understand where we are today as a city with all the changes that we have had in the last five weeks with this," she said. "We don't necessarily need everything from the state or the federal government to be able to tell us that we are headed into tricky financial territory."

Mahoney asked McCarthy, the chairman of the finance committee, if the

council would be voting on the bond request during Monday's meeting or waiting until a future meeting.

McCarthy said he wanted the bond voted on during Monday's meeting because of the project's importance.

"I'm just as concerned as yourself and Councillor Croall, but we are talking about a middle school that is in tough shape in regards to its infrastructure," McCarthy said to Mahoney. "It is a middle school — not a park or a swimming pool. It is a necessity and that is why I would like to move on this tonight."

Ward 5 Councillor Charles Phelan Jr. said the city could be on the hook

for more than \$3 million if Broad Meadows were forced to close because the repairs did not take place.

"When you try to move that many kids around it is virtually impossible and it will cost you more money than the \$3 million we're spending today to try to set up emergency classrooms," he said. "I think this is absolutely necessary."

The council's finance committee, which includes all nine councillors, voted to approve the bond after 90 minutes of deliberations Monday in a 7-1 vote. It was approved by the full council shortly thereafter along the same voting lines.

LEGAL NOTICES

CITY OF QUINCY IN COUNCIL

ORDER NO. 2020-075
ORDERED:

April 13, 2020

Be it ordained by the City Council, that the Quincy Municipal Code is hereby amended as follows:

In Title 10. Vehicles and Traffic. Chapter 10.20 Stopping, Standing and Parking
Section 10.20.040 Parking - Prohibited and Restricted where.

Add the following:

Street	From	To	Type of Regulation
Edwards Street	Washington Street	Union Street	No Parking
Southwest Side			

A TRUE COPY
ATTEST: Nicole L. Crispo
Clerk of Council

4/16/20

CITY OF QUINCY IN COUNCIL

ORDER NO. 2020-076
ORDERED:

April 13, 2020

Be it ordained by the City Council, that the Quincy Municipal Code is hereby amended as follows:

In Title 10. Vehicles and Traffic. Chapter 10.20 Stopping, Standing and Parking
Section 10.20.040 Parking - Prohibited and Restricted where.

Add the following:

Street	From	To	Type of Regulation
Edwards Street	Union Street	185' Southeast of Union Street	No Parking
Southwest Side			

A TRUE COPY
ATTEST: Nicole L. Crispo
Clerk of Council

4/16/20

CITY OF QUINCY IN COUNCIL

ORDER NO. 2020-077
ORDERED:

April 13, 2020

Be it ordained by the City Council, that the Quincy Municipal Code is hereby amended as follows:

In Title 10. Vehicles and Traffic. Chapter 10.20 Stopping, Standing and Parking
Section 10.20.040 Parking - Prohibited and Restricted where.

Add the following:

Street	From	To	Type of Regulation
Edwards Street	315' Southeast of Union Street	640' Southeast of Union Street	No Parking
Southwest			

A TRUE COPY
ATTEST: Nicole L. Crispo
Clerk of Council

4/16/20

CITY OF QUINCY IN COUNCIL

ORDER NO. 2020-078
ORDERED:

April 13, 2020

Be it ordained by the City Council, that the Quincy Municipal Code is hereby amended as follows:

In Title 10. Vehicles and Traffic. Chapter 10.20 Stopping, Standing and Parking
Section 10.20.040 Parking - Prohibited and Restricted where.

Add the following:

Street	From	To	Type of Regulation
Edwards Street	185' Southeast of Union Street	315' Southeast of Union Street	No Parking
Northeast			

A TRUE COPY
ATTEST: Nicole L. Crispo
Clerk of Council

4/16/20

No April School Vacation For Quincy Students

Cont'd From Page 1

whether or not to hold April vacation and the final day of school could be moved up in districts that continue remote learning that week.

"If a school district continues providing its remote learning program for students from April 21 to 24, the district is not required to go beyond its previously scheduled 181st day," he said.

In addition to closing schools through May 4, Baker last week signed into law a bill that suspends the state's MCAS tests this spring.

The school system is offering grab-and-go meals at eight sites from 11 a.m. to noon on school days: Quincy and North Quincy High Schools and the Atherton Hough, Lincoln-Hancock, Clifford Marshall, Parker, Montclair and Snug Harbor Elementary Schools.

There were 357 cases of COVID-19, the disease caused by the novel coronavirus, in Quincy as of Monday. Of those cases, 109 individuals have fully recovered while 14 have died.

At Monday's meeting of the City Council, Ward 1 Councillor David McCarthy said former mayor Francis McCauley and his wife, Sandra McCauley, have both tested positive for the disease. Both were showing signs of improvement on Sunday, McCarthy said.

"Both are fighting it as true Houghs Neck, McCauley people do," McCarthy said. "Hopefully things will turn out for the best."

The number of COVID-19 cases in Massachusetts climbed to 26,867 on Monday, according to the Department of Public

Health, and the death toll increased to 844. Norfolk County had the fourth highest number of cases in the state with 2,838. Middlesex County had the most with 5,938, followed by Suffolk County with 5,579 and Essex County with 3,413.

The state is expected to see a surge in cases over the next two weeks. Residents have been asked to stay home and cover their faces if they do go out.

"Don't go out if you don't have to. If you do, wear a face-covering to protect others," Mayor Thomas Koch said Monday.

In addition, residents have been advised to frequently wash their hands with soap and warm water for 20 seconds, cover their coughs and sneezes, and stay home if they are sick. Those who are ill are asked to contact their primary care provider before going to a doctor's office, clinic or emergency room.

Koch last week announced the Howard Johnson's motel on Hancock Street would be used as an isolation center for guests of Father Bill's Place, in partnership with Manet Community Health Center.

Group testing of Father Bill's guests began on April 9. Those guests will be lodged under medical and professional supervision at the motel while awaiting test results. Those who test negative will be directed to Father Bill's, and those who test positive will be directed to appropriate medical attention.

"While the first phase will focus on Father Bill's, there are other members of the community that may be directed to this facility un-

der the direction of Manet," Koch said in a statement.

Quincy police will monitor and supervise the site around the clock, Koch said. The city is paying to use the motel through emergency funding.

Koch also announced last week that both Cleaner Quincy and the Quincy Senior Olympics would be postponed until further notice. Both events had been scheduled to take place in May.

Koch has closed city buildings to the public, though emergency services are not affected. City parks remain open, but playgrounds, basketball courts and tennis courts are closed.

Baker has ordered parking areas at all state-owned beaches, including Wollaston Beach, be closed.

The Quincy Health Department has issued a no-visitation order and a stay-in-unit advisory for all Quincy Housing Authority properties. Koch said Monday that there have been multiple cases of COVID-19 reported in housing authority properties.

The state had previously banned all visitation at nursing homes.

In addition to closing schools through May 4, Baker has also ordered all non-essential businesses to remain closed, prohibited eating and drinking inside restaurants, and banned all gatherings of more than 10 people until that date. Baker on Monday said he would work with his counterparts in Connecticut, Delaware, New Jersey, New York, Pennsylvania and Rhode Island to plan how to reopen the economy and lift stay-at-home orders moving forward.

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INTERFAITH SOCIAL SERVICES volunteers Caroline Kalen, left, of Quincy, and Jory Schwartz, right, of Quincy, put the finishing touches on Bunny Baskets at Interfaith's March 7 volunteer event. The activity was held before the COVID-19 pandemic and stay-at-home advisory. Photos Courtesy Interfaith Social Services

500 Baskets Distributed To Interfaith Social Services Food Pantry Clients

Cont'd From Page 12

tant. Hopefully it brought a touch of happiness and normalcy to these families."

Interfaith operates one of the largest emergency food programs in Greater Boston. Their seasonal initiatives, such as the Bunny Basket Program, Back to School Backpack Program, Halloween Costume Drive and Help for the Holidays gift program, bring happi-

ness to hundreds of children on the South Shore living in tough situations.

Interfaith's Bunny Basket Program is supported by generous donations from local individuals and businesses.

In addition to one of Greater Boston's largest food pantries, Interfaith operates the New Directions Counseling Center, which provides mental health counseling and ad-

diction recovery treatment to hundreds of local individuals and families, as well as HomeSafe, a budget counseling and homelessness prevention program. Interfaith also houses the volunteer-run Bureau Drawer Thrift Shop, a boutique-style shop whose proceeds support the organization.

Find out more about the organization at www.InterfaithSocialServices.org.

10 Tips For Parents For Classroom Success At Home

Parents with students in the public schools tell us their biggest challenge with the Stay at Home Order is home schooling their children. Your child may have some challenges without the structure of school and classes. They may need help in time management and organization.

The Woodward School in Quincy values working with families in the community and wants to help all parents transition to "Learning from Home" effectively.

Recommendation for Parents/Guardians

1. Designate a "work-space" away from the household hubbub.
2. Have a meeting at the start of the day to review the schedule with your student.
3. Have a meeting at end of day or at dinner to review how it went, problem solve, help better organize if necessary.
4. Make sure they are



GWEN BATES, a Quincy resident and ninth grader at The Woodward School, at her home work station. Courtesy Photo

set up for breaks and have snacks available.

5. Encourage critical thinking when it comes to media consumption online

and on TV; Limit news, about the Coronavirus

6. Encourage students to email teachers if something is not right or they are unsure

7. Invite your child to ask questions and remember that it is alright not to have answers.

8. Encourage students to follow our recommendations above. Read them together and help them get set up for success.

9. Be reassuring and focus on what you are doing to stay safe during this challenge as our students may worry about all that is going on, and especially about their grandparents

10. Remember to care for yourself.

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www.thewoodward-school.org

Roots Of Popular Music Online

Take a journey through the roots of American popular music with historian and singer/songwriter virtuoso Jon Waterman.

This program will happen online, via Zoom (and hopefully also on Facebook and YouTube, watch thomascranelibrary.org for details) at 7 p.m. Tuesday, April 21. To participate: Call (312) 626-6799 and enter meeting ID 124798328.

A lifelong performer,

Waterman has a deep appreciation for the epic tales of history and the stories of both lesser-known and more familiar individuals whose lives, struggles and dreams mirror our own. Waterman holds a degree in History and graduate degrees in Popular Music History and Psychology.

This program is sponsored by the Friends of the Thomas Crane Public Library.

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